

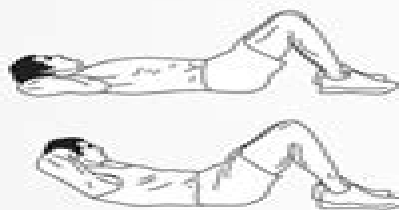
BEGINNER

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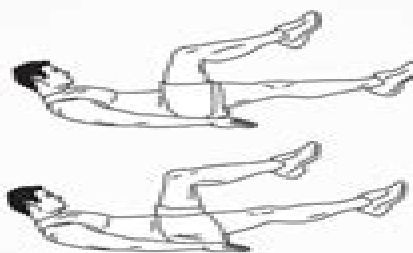
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



10 crunches



10 air bike crunches



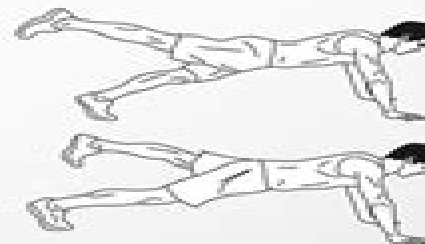
10 sitting twists



10-count raised leg hold



10-count plank hold



10 plank leg raises

The Beginner Workout

Shawn Burke



The Beginner Workout:

The Beginner Workout Trevor Clinger, 2025-05-25 I've gathered all the essential fitness information and foundational exercises and combined them into one comprehensive workout plan designed for anyone regardless of gender race or age. This program introduces your body to basic movements and key exercises that will help you build a strong foundation for progressing into heavier lifting and more advanced training. I'm a Certified Personal Trainer through the National Federation of Professional Trainers NFPT and I've successfully maintained my certification for over three years. My certification number is 45582. Health and fitness are my passion. I make it a daily discipline to train consistently and stay up to date on the latest fitness trends and research.

The Beginner's Home Workout Plan Dale L. Roberts, 2016-06-13 Are you ready to finally begin working out but don't know where to start? Wouldn't it be nice to get a simple exercise program you can do anywhere and at any time? Then The Beginner's Home Workout Plan has exactly what you need without all the extra filler. The #1 Best Selling Fitness Author Dale L. Roberts put together the best first step for anyone new to fitness. Stop fooling around with stupid fad diets, trendy workout programs, or shaky theories that don't have a leg to stand on. You need sound advice on the fundamentals of working out with credible resources and proven results. The Beginner's Home Workout Plan gives everything you need to start your new healthy lifestyle on the right foot and continue on to even better health and fitness. In The Beginner's Home Workout Plan you'll discover: Why beginners don't have to kill themselves for impressive results. How short, hit and split exercise programs work best. What the simple exercises that are missing from most workout plans. How less workout equipment equals less stress. Fun yet powerful workouts to bring out the best in the beginner. Appropriate home workouts for both men and women. Hundreds of detailed images of exercise demonstrations. Brief yet easy to understand instructions. Over 90 days of exercise programs to keep you going for months to come. Learn how to lose weight fast naturally without dieting and keep it off. Easily modifiable workouts to use anywhere at any time. The perfect health and fitness guide for weight loss. All in a short book so you can read it quickly, exercise right away, and see results ASAP. And so much more. Stop hoping you get the right results by blindly searching the web for answers. Get the correct information on the best steps for a beginner's home workout plan right NOW. Scroll Up Click the Buy Button to Start Your NEW at Home Workout Routine TODAY.

NPTI's Fundamentals of Fitness and Personal Training Tim Henriques, 2014-08-28 NPTI's Fundamentals of Fitness and Personal Training makes the principles and theories of fitness accessible for all readers. Written in a conversational tone with real-life examples, this text helps students understand how the body works and responds to exercise. Readers will learn how to create exercise programs that allow their future clients to accomplish individual fitness goals. This book combines technical detail with practical application in an engaging manner. Anatomical illustrations and photos provide further guidance on the science of personal training, complete with coverage of specific muscle systems and how to train them. Extensive information on essential nutrients coupled with guidance on helping clients burn fat and build strength helps

future trainers take the sessions beyond simple workouts Stories and examples lend insight into the scientific concepts helping students to understand more complex topics Legal considerations including how to assess and classify clients and minimize risk prepare readers for the realities of a career in personal training Step by step coverage of exercise program design takes the guesswork out of developing workouts and helps readers modify programs for special populations and clients dealing with injuries Sample workouts designed by expert personal trainers cover key fitness training concepts and offer unique training ideas to keep exercise fun and effective for clients Study questions at the end of each chapter help students assess their understanding of the material and online access to a list of more than 3 000 references extends learning beyond the classroom An instructor guide and presentation package plus image bank are available to instructors helping them explore concepts from the text in the classroom NPTI s Fundamentals of Fitness and Personal Training has been endorsed by the National Personal Training Institute NPTI the nation s largest system of schools devoted to personal training education NPTI s mission is to prepare students to become personal trainers and fitness professionals NPTI strives to provide a high quality education experience that each student values and would recommend to peers

[The Beginner's Guide to Starting Your Own CrossFit Gym Business](#) Barrett Williams,ChatGPT,2024-12-03 Unlock the secrets to launching your own thriving CrossFit gym with The Beginner s Guide to Starting Your Own CrossFit Gym Business This comprehensive eBook is your step by step roadmap to success in one of the most dynamic and fast paced fitness markets Learn to define your unique CrossFit gym concept by diving into core CrossFit culture and shaping a unique selling proposition to attract your ideal clientele Discover how to pick a location that maximizes visibility and growth by conducting thorough demographic research analyzing competitors and securing the perfect lease Put your ideas into action with a winning business plan Set ambitious goals create financial projections and design a marketing strategy that fuels success Navigate the often overwhelming legal and regulatory landscape with confidence as you establish the right business structure understand insurance requirements and comply with all safety regulations Design a functional inviting gym space that enhances your brand s identity From selecting equipment and creating an inspiring interior to ensuring optimal flow and accessibility every detail is covered Build a coaching team that shares your vision and commitment to excellence Learn how to hire and cultivate top talent and how to foster professional growth among your coaches Establish a robust membership framework that keeps clients coming back Develop pricing models that fit your market create retention strategies and build a community that feels like family Engage your members with unforgettable class experiences Discover techniques for WOD design high quality class delivery and integrating community events that keep members motivated and inspired Market your gym effectively using cutting edge strategies for building an online presence local outreach and powerful social media tactics Leverage technology to streamline operations and manage your gym with precision Whether you re a budding entrepreneur or a fitness enthusiast with big dreams this guide offers everything you need to start grow and succeed in the competitive CrossFit industry Are you ready to

make your CrossFit gym dream a reality Dive in and get started today

The Complete Guide to Strength Training

Anita Bean, 2013-08-30 The Complete Guide to Strength Training is essential reading for anyone wanting to increase strength and resculpt their body Its unique combination of effective training methods and cutting edge nutritional guidance delivers a comprehensive training programme adaptable to both beginner and advanced trainer alike This fully updated fourth edition includes an illustrated step by step guide to over 70 exercises using both free and machine weights beginner intermediate and advanced training programmes eating to burn fat and gain muscle tips on motivation techniques and goal setting

Kettlebell Workouts and Challenge 5 Taco Fleur, This book is the 5th in the Kettlebell Workouts and Challenges series of which the first one was written back in 2017 The format of this book has been drastically improved and includes information on the workout benefits recommended weight selection the weights that we used the average time to complete the workout how many kettlebells are used the overall intensity of the workout intensity for each task of a workout the number of exercises reviews on the workout from others description how to score the workout the score that we achieved but above all information on how to adjust any more advanced workouts to suit beginners A quick introduction to the person who designed the workouts i e me I have over 2 decades of kettlebell experience training people across the world owned three gyms and obtained certification with StrongFirst SFG2 RGSi IKFF IKSFA CrossFit I have reached Kettlebell Sport Rank 1 and have a background in Martial Arts as a rusty BJJ Purple Belt I mention this so that you can have confidence in the quality of this product and the training methodology I will include some reviews for my coaching our business and our products taken from thousands of verifiable reviews at the end of this book I aim to explain and present everything as simply as possible without complex terms or going into too much detail The workouts will be presented in an easy to read tabular format but also a linear format so that all layout preferences are addressed A separate easy to print document is also available for download to people who purchased the book this will make it easy to take the workouts with you to the gym and also to make notes A whole online platform and social network for kettlebell enthusiasts is also included so that you can easily record your scoring for a workout or you can be more specific and record against a task You can also record notes for a workout and you will collect all your favorite workouts in one easy to access place if you review rate the workouts The social network that is dedicated to kettlebell enthusiasts allows you to interact with others create your kettlebell profile find workout buddies and so much more In short you are not just buying a book with the world s best kettlebell workouts Who is this book for This book is for anyone who is looking for exciting and effective routines with one kettlebell two kettlebells or hybrid workouts where kettlebell and bodyweight exercises are mixed This book is for people who want to explore workouts that utilize mobility work for active recovery between intense tasks Buy this book if you want to Learn several workouts to incorporate into your routine Have your kettlebell workouts designed and in an easy to read format Have access to kettlebell workouts that focus on all types of goals Spice up your kettlebell training and achieve results Have workouts that you can scale to your level Be

able to challenge yourself when ready Experience unique kettlebell workouts In this book you will find short workouts long workouts easy workouts hard workouts fun workouts mentally tough workouts mobility workouts power workouts strength workouts cardio workouts and so much more All workouts have been completed by myself Anna and many of our IKU members Hence they are not just some shoddy and quickly put together scribbles that haven t been put to the test As someone who is over half a century of age and what I consider trains tough I am proud to say that I have never experienced any major injuries no hip replacements or other surgeries and pretty much never sick I attribute this to training hard but training smart and becoming in tune with the body and mind Of course an important factor is also the right nutrition and mindset

Getting In Shape God's Way Ron Kardashian,2012-01-09 Fitness and Health From the Inside Out If you are dissatisfied with the results you are getting from your diet and exercise program Getting in Shape God s Way will give you the tools you need to turn things around today Learn the four simple keys to making everything else proper nutrition exercise and other health principles really work as you gain the wisdom and tools you need to Find the real reasons behind your diet and fitness roadblocks Transcend old ways of thinking Motivate yourself so that you will never give up Achieve results that will last a lifetime

The Belly Off! Workouts Jeff Csatri,David Jack,2012-12-24 Banish belly fast lose weight and build lean muscle with simple at home workouts designed specifically for men and women who don t like to go to the gym Using the basic diet principles and easy workout strategies found in the bestselling The Belly Off Diet this new book offers beginners an ultra simple program of no gym no gear exercise routines that they can do in the privacy of their own home to shed belly fat fast and improve their health starting with the first easy workout The genius of this exciting new fitness manual is that it s accessible to anyone of any fitness level but mostly to people who haven t pried themselves from the couch cushions in years let alone touched their toes The workouts progress from easy walking intervals and simple calisthenics to bodyweight only exercises that build strength and muscle the true secret to fast sustainable weight loss The workouts are based on those that worked best for Belly Off Club members who have lost 50 pounds or more Most of the workouts take 20 minutes or less and can be done at home far away from intimidating gyms With a review of Belly Off Diet principles dozens of new weight loss tips and delicious new recipes The Belly Off Workouts is a total package choreographed to take the out of shape beginner from flabby to fit in just four to six weeks time

The Training Bible: Proven Programs to Lose Weight Tone, Strengthen And Build Muscle David Groscup,2013-11-19 This informative book gives the exercise enthusiast the most effective training methods available to get in the best shape of his or her life Whether you want to lose weight tone up or build some serious muscle everything you need is in here Learn how to build enormous amounts of muscle with workouts that last only 20 minutes The best way to use Kettlebells to build explosive power Train using your own body weight and build amazing strength Use special little known techniques like rolling static partials maximum resistance static holds forced negatives and much more Learn the right way to use bands in your training to maximize your muscle Why machines are excellent tools to

use in your training The best ways to beat sticking points and begin gaining again California. Court of Appeal (2nd Appellate District). Records and Briefs California (State)., Number of Exhibits 7 **Beastly Body** Rhys Larson,2022-02-28

Not everyone is born with the firm round sculpted or strong calves biceps and glutes of their dreams Whether you want a body that is defined aesthetic muscular lifted shredded or strong Beastly Body can help make your dreams a reality Beastly Body contains the entire Beastly Body fitness series including Beastly Biceps Killer Calves and Glorious Glutes For those who want to banish their lagging body parts to the distant past Beastly Body will help turn your challenging areas into sculpted perfection For those who want to be fit bring variety to their exercise routines add bicep calf and glute development or maintain what they have already worked so hard to attain Beastly Body is for you too Beastly Body offers a broad range of tools exercises insights and ideas to help shape and sculpt your body particularly your biceps calves and glutes So if you re a hard gainer who has tried everything or think you have to build your biceps calves and glutes Beastly Body will give you many novel ways to push your limits and help your muscles grow If you re looking to sculpt and tone Beastly Body will provide you with a host of options to achieve the look you re after Or if you re already jacked and looking to add a bit of variety and new options to your routines Beastly Body will give you innovative ideas and programs to torture yourself both at home and in the gym Whether you re a fitness beginner looking for help a seasoned bodybuilder or fitness professional looking for that little edge someone who wants to get in shape or an exercise enthusiast looking for new approaches and concepts Beastly Body will help you improve your body Everyone deserves a pair of beastly biceps killer calves and glorious glutes Kettlebell Workouts And Challenges 4 Taco Fleur,2023-08-17 Kettlebell workouts for AMRAP FOR TIME EMOM Circuit Interval HIIT and so much more When you buy this book you will get intelligently designed kettlebell workouts that deliver results for people at home with one or more kettlebells from beginner to advanced and always scalable The book contains kettlebell strength workouts AMRAP workouts FOR TIME workouts high intensity interval workouts flexibility and mobility workouts endurance workouts and so much more The book contains many under 20 and 30 minute workouts for people who are limited on time Just grab your kettlebell pick a 12 minute workout and get your calorie burn in for the day You will also get strategies and plans to incorporate these workouts into a long term progression for certain goals For those who are not yet familiar with all kettlebell techniques the book also includes tips on form and technique plus common mistakes It s very rare that a double kettlebell workout from this book can t be performed with a single kettlebell and just performing the work on one side and then the other Therefore even if you have just one kettlebell you can still complete the double kettlebell workouts and as you progress with your technique and strength you can work your way up to double kettlebell work Each of these workouts has been designed and completed by myself they have been completed by other Cavemantrainers and many of our private members In other words they have been tested before they got to you When it comes to kettlebell challenges usually I include quite a few challenges in the book this time the book is full of workouts and I

picked the best so that there was no need to include more than two challenges There is so much info on one of the challenges that you really could spend the rest of your training days following the challenge and obtain some of the best results you've ever seen with your training When I completed this challenge I was in the best shape of my life FORM AND TECHNIQUE FIRST WEIGHT AND REPS SECOND Cavemantraining creating workouts since 2009 We have made it our mission to do things differently from the start and go against the grain We're not stuck on one style or one way of doing things We experiment we analyze we progress and we create some of the best hybrid workouts out there Cavemantraining is a pioneer in the kettlebell world We've designed over one thousand unique and original kettlebell workouts Each one has been carefully designed with a goal in mind so there's something for everyone looking to improve their strength through kettlebells Since 2009 Cavemantraining has served over 18 000 online students sold over 15 000 books created videos with over 12 million views and built online communities reaching over 150 thousand people We hope you'll allow us to be a part of your journey as you discover and learn everything there is about the kettlebell Who Will Benefit From Buying This Book Literally anyone who has at least one kettlebell and is interested in some of the world's best kettlebell workouts will benefit from buying this book There are basic workouts beginner workouts complex double kettlebell and advanced exercises in this book but it's for everyone I provide clear instructions on how to perform two kettlebell workouts if you only have one bell and I explain alternatives and progressions so that you can complete the workout and work your way up to the more advanced exercise when they are used This book is for those who are tired of performing boring workouts that just contain swings presses squats and presses This book is for those who want to venture further and expand their knowledge to see what's truly available in the kettlebell world It's for people who want to benefit from endurance cardio strength power flexibility mobility hybrid workouts and so much more exciting training

Strength Training for Fat Loss Nick

Tumminello, 2023-08-14 Lose fat Add muscle Look great No fads or diets are required just hard work sensible strategies and science based programming to achieve the results you desire In Strength Training for Fat Loss Second Edition internationally renowned trainer Nick Tumminello provides the formula for transforming your body He explains how to use the three Cs of metabolic strength training circuits combinations and complexes to accelerate your metabolism and maximize fat loss while maintaining and even adding muscle In this updated second edition you'll find more than 150 exercises using barbells dumbbells kettlebells machines or just your body weight basic guidelines for eating sensibly to accelerate your metabolism over 50 ready to use metabolic strength workouts color photos demonstrating the exercises at home workouts that require minimal equipment and beginner workouts for those new to strength training as well as advanced exercisers Practical and accessible Strength Training for Fat Loss is your guide to creating and maintaining the physique you seek Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

Strength Zone Training Nick Tumminello, 2022-04-25 Don't

waste your time doing workouts that leave large gaps in your strength or load you up with unnecessary redundant exercises. Take a strategic approach to your workouts by using a proven system that trains strength through each joint's true full range of motion. Even if you lift you may still be missing something in your quest to get stronger. Optimal training does not involve training all the muscles; instead, it trains all the ranges or zones of each muscle. Many popular exercises work the same muscles the exact same way. Performing redundant exercises is a waste of your time. In *Strength Zone Training*, renowned personal trainer Nick Tumminello, who has become known as the trainer of trainers, shows you the following: How to build strength through the true full range of motion; The redundant exercises you just don't need to do; The exercises to maximize upper body and lower body strength that are missing from your workout; The angles most people don't do exercises for but should; The best exercises to include in your program to train each muscle group; A better strategy to follow when choosing your exercises; Beginner and advanced workout plans for any schedule. You'll find exercises addressing every area of the body with details on how to perform the exercise as well as coaching tips. Select exercises are depicted with a hybrid of photo and art highlighting the movements or zones that provide a training stimulus. You will learn how to combine exercises within a workout in a smarter and more strategic way to collectively train through a full range of motion, resulting in not just an improvement in physique but also an improvement in performance and a reduction in injury risk. In addition to the exercises, you'll find four chapters of easy-to-follow workout plans you can immediately use at the gym. You can select a fully comprehensive workout plan that is right for you regardless of your training level or weekly schedule. *Strength Zone Training* is the blueprint for building muscle with a purpose, making it simple to create workout programs that eliminate exercise redundancy and use full range of motion so you can build a body that is all-around stronger and more durable. Choose your exercises and get ready to dominate. Earn continuing education credits/units. A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

The Lean Belly Prescription Travis Stork, Peter Moore, Editors of Men's Health Magazine, 2012-05-08. This New York Times bestseller from one of the hosts of *The Doctors* presents *The Lean Belly Prescription*, a simple, enjoyable, supereffective cure for belly fat, one of America's greatest health risks. Dr. Travis Stork, cohost of the popular nationally syndicated television show *The Doctors*, teams up with Men's Health editor Peter Moore to deliver a personalized prescription for readers looking to shrink their bellies and their health risks. Among the slimming strategies they offer, *The PICK 3 TO LEAN* plan lets readers design their own diet around their favorite meals and snacks. 10 Second Slim Down tips guide readers through key weight loss tipping points and help them navigate their way to the lighter side of the scale. *The Laws of Leanness* boil down confusing and often contradictory fitness, health, and nutrition information into 20 words or less, giving the reader a quick and simple take-away. When it comes to having the firm, lean belly you've always wanted, this book might just be the final word. David Zinczenko, author of the *Eat This Not That* series and *The New Abs Diet*.

Ultimate Fitness Through Martial Arts Sang H. Kim, 1993.

This is a one stop reference for martial arts students instructors and coaches that includes over 200 new and traditional martial arts exercises games and drills for developing speed power flexibility timing co ordination agility balance and mental strength Includes Variations for individuals partners and groups Detailed explanations of fitness concepts Injury prevention Diet and nutrition Beginner intermediate and black belt workout plans Exercise cautions Martial arts applications for all exercises Instructor guidelines Organised for easy reference

Fit Body Roadmap Shawn Burke,2020-03-20 Good Health is the Best Wealth Bodybuilding is probably the most trending yet healthiest activity that any millennial can perform Among many things that people want in their life building muscles and gaining strength is on the top priority due to the look good factor Gaining muscles is not just an indicator of strength but also an overall fitness of the body Studies show that with one third of world s population is considered obese and 75% of them are considered to be overweight in some way then there is a conscious effort amongst a majority of the population to change their lifestyle and get back into shape According to a research the average amount of time spent exercising each day for those aged over 15 who exercise regularly is between 30 and 59 minutes Less than 5% of adults participate in 30 minutes of physical activity each day and only one in three adults receive the recommended amount of physical activity each week 1 in every 7 people is a member of a gym More than 80% of adults do not meet the guidelines for both aerobic and muscle strengthening activities and more than 80% of adolescents do not do enough physical activity to meet the guidelines for youth The membership dropout rate within the first eight weeks of joining a gym is about 80% Many people are fumbling with gym equipment training sessions personal trainers supplements to get the lean toned and desired muscular physique But what they lack is the right guidance and knowledge it takes to achieve their physical goals And due to this they are spinning in the vicious cycle of so called trainers supplements and steroids only to gain no results yet now we have the Fit Body Roadmap Your path to a body so fit you feel like you can do everything you want with strength and sexiness A comprehensive guide that will empower you with the latest updated and effectual strength and muscle building tips and techniques to overcome all the barriers in your journey and establish yourself as a fitness authority for either gender Learn everything you need to know to get yourself on the path of Fitness Happiness Beauty Strength Muscular Physique Long term Customers and the Bucket loads of Profits Both Online and Offline Marketers Can Make a Killing Using this Miraculous Info product

The Belly Off! Diet Jeff Csatori,Editors of Men's Health Magazi,2009-04-28 Men s Health has found the secret to weight loss It s not some new exercise contraption or magic pill or trendy fad diet The secret to quick and permanent weight loss comes from real people just like you who have lost 25 50 100 and even 150 pounds Now for the first time the six weight loss strategies that more than 300 000 men and women in the Belly Off Club have used to get back in shape have been compiled in this ground breaking new book When Men s Health launched the Belly Off Club in 2001 it quickly grew into the most popular destination on the magazine s web site Then the concept migrated to Women s Health magazine and now all told more than 300 000 men and women have lost nearly 2

million pounds In just days you can be on your way to a flat belly and a leaner stronger healthier body In the Belly Off Diet you ll discover A proven 7 day quick start that guarantees you will see results within just days A no gym fitness plan starting that starts with a fat frying bodyweight only workout and then progresses to a more advanced a muscle building dumbbell workout A month s worth of shopping lists and recipes for tasty meals that will take the guesswork out of eating to lose weight A comprehensive maintenance plan to help you stay on track once you ve reached your weight loss goals With success stories from Belly Off Club members and hundreds of quick tips for supercharging meals and workouts throughout The Belly Off Diet gives you the tools and the motivation to take YOUR belly off and keep it off for life [How To Move It](#) Joslyn Thompson Rule,2021-01-07 Introducing the new How To series from Merky Books unlock your potential with our short practical pocket sized guides [How to Move It](#) Reset Your Body This book is about motivating your body through the power of movement focusing on you as an individual and not the ideal of fitness we see so often Before you lift a single kettle bell or hit the yoga mat Nike Master Trainer Joslyn Thompson Rule will break down the stages to moving your body for the better Starting with your brain then your breathing and finally your body Packed full with motivational and practical exercises for mobility strength conditioning and recovery This book is a personal trainer in your pocket encouraging you along the way and helping you to have a healthy relationship with fitness Written by Joslyn Thompson Rule Foreword by Kadeena Cox MBE [Designed to](#) inspire and encourage readers to unlock their potential and provoke change the How To series offers a new model in publishing helping to break down knowledge barriers and uplift the next generation Creatively presented and packed with clear step by step practical advice this series is essential reading for anyone seeking guidance to thrive in the modern world Curate your bookshelf with these collectible titles [Kettlebell Training Guide](#) Miles Drake,AI,2025-03-14 Kettlebell Training Guide unlocks the potential of kettlebell exercises for comprehensive fitness Originating from Russian strongmen kettlebell training offers a unique blend of strength and cardiovascular conditioning making it accessible for all fitness levels The book emphasizes correct form progressive overload and workout programming providing a structured approach to functional fitness Discover how kettlebell workouts can enhance both athletic performance and everyday physical resilience debunking the myth that kettlebells are only for advanced athletes The guide systematically introduces core principles like posture and breathing fundamental movements such as the swing clean and snatch and structured routines for varied fitness goals It incorporates exercise science principles biomechanical analysis and insights from experienced coaches By emphasizing practical applications and progressive overload the book empowers readers to optimize results and avoid injury The book also touches on the ongoing debate about the optimal kettlebell swing technique hinge vs squat presenting both sides of the argument This book stands apart by providing a step by step accessible approach to mastering kettlebell training Designed for fitness enthusiasts and athletes alike the book progresses from fundamentals to workout programming offering

real world case studies and modifications Whether you re a beginner or an experienced lifter this guide provides the knowledge and tools to safely and effectively integrate kettlebell training into your fitness routine

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The Beginner Workout Introduction

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