Low Impact

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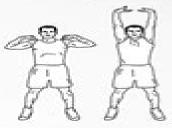
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 march steps



10 calf raises



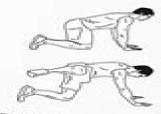
40 shoulder taps



20 alt arm/leg raises



20 leg extensions



20 side leg extensions



10 bridges



20 flutter kicks



10 dead bugs

Good Housekeeping Lowimpact Workout Beginners

Andrew F. Smith

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Eventually, you will no question discover a supplementary experience and finishing by spending more cash. still when? reach you agree to that you require to acquire those every needs later having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to understand even more almost the globe, experience, some places, in the manner of history, amusement, and a lot more?

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