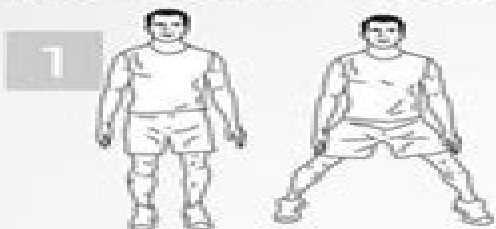


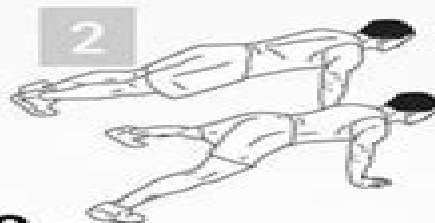
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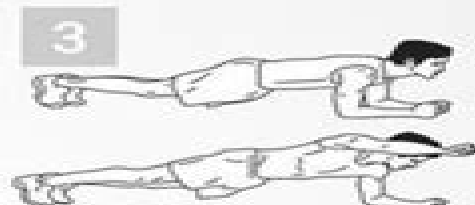
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10 half jacks



8 plank jacks



8 elbow plank arm lifts



10 reverse lunges



6 push-ups



10 squats



16 climbers



8 plank jump-ins



30sec plank

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

Fat Burner Workouts

Neil Frost

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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