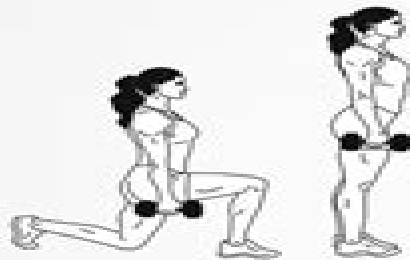


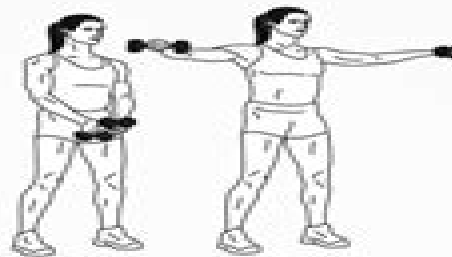
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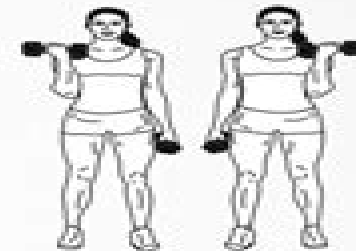
30 seconds rest between exercises



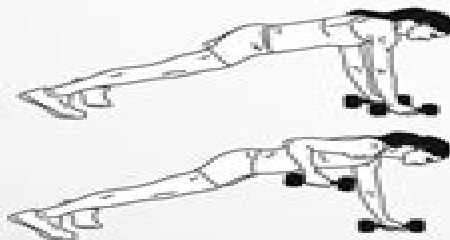
**16** reverse lunges  
5 sets | 30 seconds rest



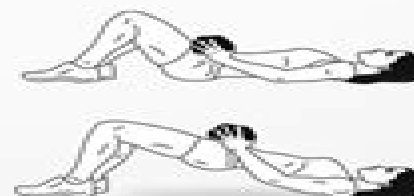
**6** lateral raises  
5 sets | 30 seconds rest



**16** bicep curls  
5 sets | 30 seconds rest



**16** renegade rows  
5 sets | 30 seconds rest



**16** bridges  
5 sets | 30 seconds rest

# Apex Axpwr7 Workout Manual

**Nick Hutchings**

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

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 paraphrasing of the poem line by line line 1 where the mind is without fear and the head is held high

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