

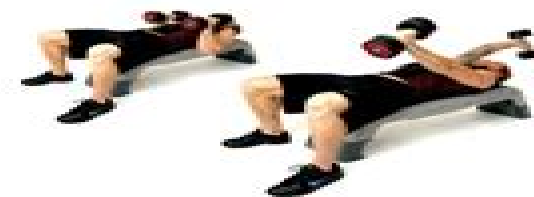
FUNCTIONAL EXERCISE - GREY



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01. split stance press.
One arm overhead press, other hand on hip.
Moderate to heavy - front and side.



02. pull over/press chest combo.
One arm pull over, other arm overhead press.
Moderate to heavy - front and side.



03. bicep to triceps big curl.
Big forward to backward curl, front to back.
Moderate to heavy - front.



04. frontal light/heavy side lunge.
Forward lunge with light press for heavy reach.
Moderate to heavy - front and side.



05. rotational deadlift combination.
Rotational deadlift, side muscles. Moderate weight.



06. split stance obliques press.
One arm oblique press, other hand on hip.
Light to moderate weight.



07. lunge press and reach.
Forward lunge with light press to heavy reach.
Moderate to heavy - front and side.



08. side deadlift combination.
Light to light deadlift, side muscles.
Light to moderate weight.



09. rotational lunge, press & reach.
Forward lunge with light press to heavy reach.
Moderate to heavy - front and side.



10. rotating core press.
One arm oblique press, other hand on hip.
Moderate to heavy - front and side.



Body Functional Workout Routine For Women

J Spring



Body Functional Workout Routine For Women:

Whispering the Techniques of Language: An Psychological Quest through **Body Functional Workout Routine For Women**

In a digitally-driven world wherever screens reign great and instant transmission drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases often go unheard. Yet, situated within the pages of **Body Functional Workout Routine For Women** a fascinating literary treasure pulsing with fresh feelings, lies an exceptional quest waiting to be undertaken. Published by a skilled wordsmith, this charming opus invites viewers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within ab muscles fabric of each and every word. Within the mental depths of the moving review, we shall embark upon a honest exploration of the book is primary styles, dissect its fascinating publishing model, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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