

OPTIONAL

Friday  
week  
**1 & 3**

## FULL BODY WORKOUT

Medicine ball squat & press

Knee ups

Ab bikes

Walking lunges

Burpees

Straight leg sit ups

Weighted step ups

Push ups

### CIRCUIT ONE

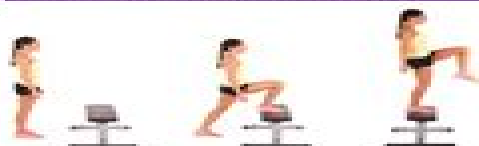
15  
reps

Medicine ball squat & press



30  
reps

Knee ups (15 per leg)



40  
reps

Ab bikes (20 per side)



24  
steps

Walking lunges (12 per leg)



### CIRCUIT TWO

10  
reps

Burpees



15  
reps

Straight leg sit ups



30  
reps

Weighted step ups (15 per leg)



15  
reps

Push ups



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# Bikini Body Guide Coupon

**Hussin A.Rothana**



## **Bikini Body Guide Coupon:**

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web a muscle organ is a complete muscle system with skeletal smooth and cardiac muscle whereas a muscle fiber or myocytes is a muscle cell which is made of myofibrils myofibril which are formed within muscle fibers made of actin thin light and myosin thick dark these myofibrils are organized into thick dark and thin light filaments

**the muscular system pearson** - May 12 2023

web muscular system to get to the vehicle although the skeletal system provides the framework for the human body the body also needs a system that allows move ment or locomotion which is the job of the muscular system the movement we are most familiar with is the use of our external muscles to walk run or lift objects