

WEEKLY WORKOUT

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Monday

10 pushups
20 squats
1 minute glute bridge
Repeat 2-3 rounds

Tuesday

10 weighted dumbbell burpees
10 weighted squats
10 lunges with overhead
press/each side
Repeat 2-3 rounds

Wednesday

1 minute weighted glute bridge
1 minute side bridge/each side
1 minute supermans
1 minute plank
Repeat 2-3 rounds

Thursday

Repeat Monday

Friday

Repeat Tuesday

**Saturday &
Sunday**

Repeat Wednesday &
RUN!

15 Weekly Workout Routine

Hellen Maya Smith

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.

15 Weekly Workout Routine:

15 Weekly Workout Routine Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **15 Weekly Workout Routine**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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