MAXIMPACT

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Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jumping Ts



20sec high knees



10sec squats



10sec push-ups

Max Workout Manual

Xiang Xie



Unveiling the Magic of Words: A Review of "Max Workout Manual"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually aweinspiring. Enter the realm of "Max Workout Manual," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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