

A person is shown from the waist down, in a starting crouch on a dark yoga mat. Their hands are flat on the floor, and their feet are positioned under their knees. The entire image is covered with a semi-transparent blue overlay. The text is centered over the person's legs.

THE COMPLETE INDOOR WORKOUT TRAINING GUIDE

Elite Guard Training Workout Guide

Tao Wei

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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