

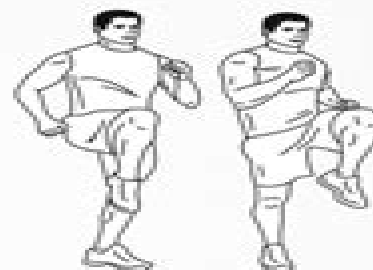
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Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



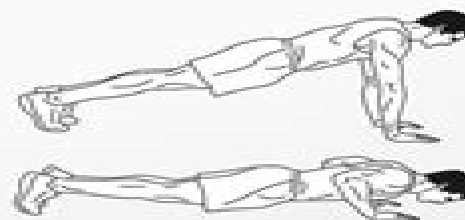
20sec jumping Ts



20sec high knees



10sec squats



10sec push-ups

Max Workout Manual

DJ Losen



Max Workout Manual:

Embracing the Track of Appearance: An Mental Symphony within **Max Workout Manual**

In a world eaten by monitors and the ceaseless chatter of instantaneous communication, the melodic beauty and emotional symphony created by the written word frequently fade in to the back ground, eclipsed by the persistent sound and disruptions that permeate our lives. But, located within the pages of **Max Workout Manual** a wonderful literary prize full of organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that interesting masterpiece conducts readers on a mental trip, skillfully unraveling the concealed tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of the moving review, we can examine the book is main harmonies, analyze its enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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