

DIFFICULTY

BEGINNER : 1 SET
INTERMEDIATE : 2 SET
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HIT WORKOUT

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1



BUTT KICK

20 SEC



10 SEC REST

2



MOUNTAIN CLIMBER

3



PUSH-UP TOE TOUCH

20 SEC



10 SEC REST

4



SKATER

5



BICYCLE CRUNCH

20 SEC



10 SEC REST

6



JACK BURPEES

7



LUNGE

20 SEC



60 SEC REST / 1 ROUND

8



BIRD DOG

Interval Training Manual

Ian Pickup



Interval Training Manual:

Unveiling the Magic of Words: A Review of "**Interval Training Manual**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Interval Training Manual**," a mesmerizing literary masterpiece penned with 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's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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