

# IRONMAN

NEILA REY WORKOUT

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1



30 jumping jacks

2



20 squats

3



10 cross punch sit-ups

4



10 planks w/rotations

5



10 elbow plank arm lifts

6



6 push-ups

7



12 wall mountain climbers

8



12 doorframe rows

**level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

# Iron Gym Exercise Guide

**Hongru Du**



## **Iron Gym Exercise Guide:**

## Decoding **Iron Gym Exercise Guide**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Iron Gym Exercise Guide**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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