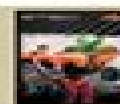


# PREMIXES

## STS 2.0



### GIANT SETS TOTAL BODY

Express	Express #1: No Group 3	40:09
	Express #2: Bilateral Only	31:55
	Express #3: Group 1 Only	21:21
	Express #4: Unilateral Only	26:55
Mish Mosh	Mish Mosh #1: Groups 1, 3, 6, 2	50:44
	Mish Mosh #2: Groups 2, 3, 6, 3	48:04
	Mish Mosh #3: Groups 1, 2, 6, 2	58:57
Extreme	Extreme #1: Bilateral + Double Unilateral	69:32
	Extreme #2: Bilateral 4 Rounds	53:05

### SUPER SETS TOTAL BODY

Express	Express #1: Upper Body Only + Calves	46:39
	Express #2: Lower Body Only	18:59
	Express #3: Total Body Single Superset	34:54
	Express #4: Total Body Double Superset	46:33
	Express #5: Total Body without Rest	44:46
Mish Mosh	Mish Mosh #1: Groups 1, 4, 2, 6, 3, 7, 5, 6, 8	58:23
	Mish Mosh #2: Groups 1, 5, 3, 7, 2, 6, 4, 6, 8	58:23
Extreme	Extreme: Total Body Triple Legs	78:43

### TRI SETS TOTAL BODY

Express	Express #1: Upper Body Only	43:39
	Express #2: Lower Body Only	22:53
	Express #3: Single Tri Set: Total Body	40:14
	Express #4: Single Tri Set: Upper Body Only	29:17
	Express #5: Split #1 - Groups 1, 2, 6, 3	29:27
	Express #6: Split #2 - Groups 7, 4, 5, 6, 6	36:42
Mish Mosh	Mish Mosh #1: Total Body Legs First	60:10
	Mish Mosh #2: Groups 1, 3, 6, 7, 2, 4, 6, 5	60:10
Extreme	Extreme: Total Body Triple Legs	89:12

### UPPER BODY 1

Express	Express #1: One Set Only	45:22
	Express #2: Two Sets Maximum	51:37
Mish Mosh	Mish Mosh #1: Full Workout	63:09
	Mish Mosh #2: No Bands	53:24
Extreme	Extreme: Extra Sets	64:22

### UPPER BODY 2

Express	Express #1: One Set Only	41:29
	Express #2: Two Sets Maximum	55:37
Mish Mosh	Mish Mosh #1: Full Workout	59:06
	Mish Mosh #2: No Bands	51:36
Extreme	Extreme: Extra Sets	67:52

# Friedrich Ks15luser Guide

**Julia Schneider**



## **Friedrich Ks15luser Guide:**

## Decoding **Friedrich Ks15luser 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 "**Friedrich Ks15luser Guide**," a mesmerizing literary creation penned by 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 is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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