
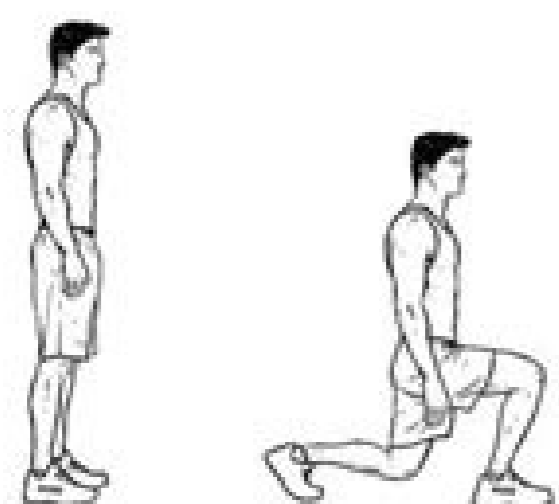


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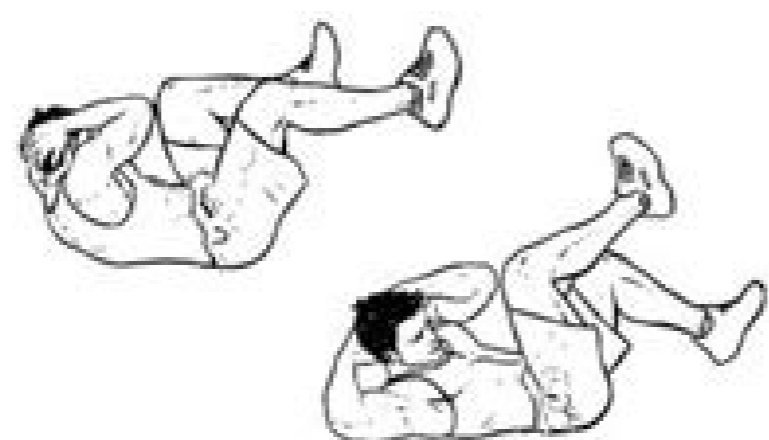
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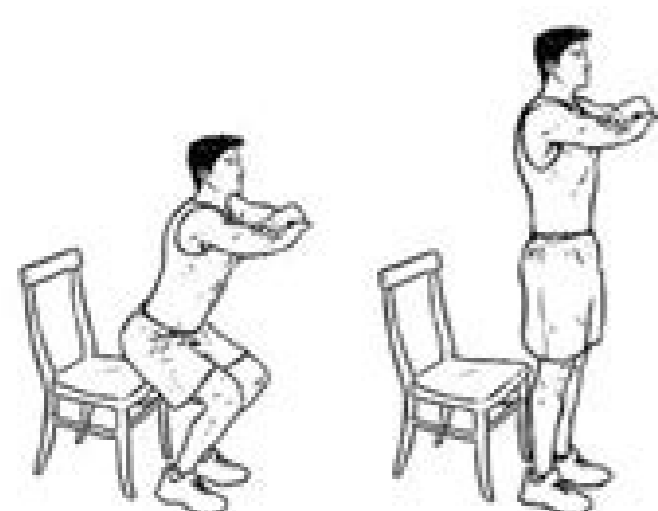
Daily Quickie Home Workout for Guys



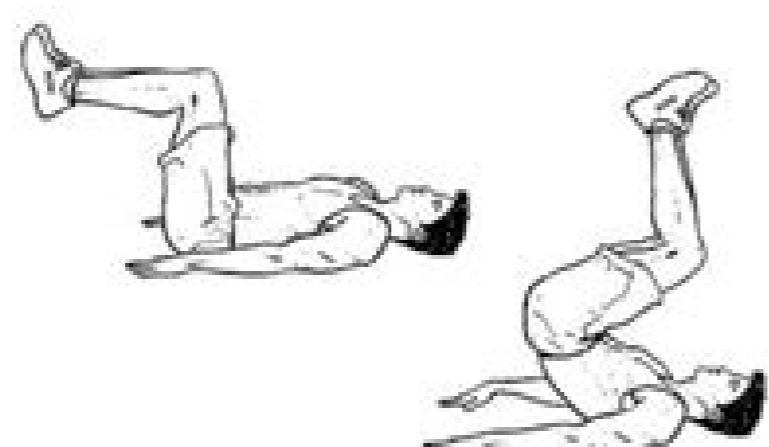
Bodyweight Walking Lunge
1 sets / 12 reps



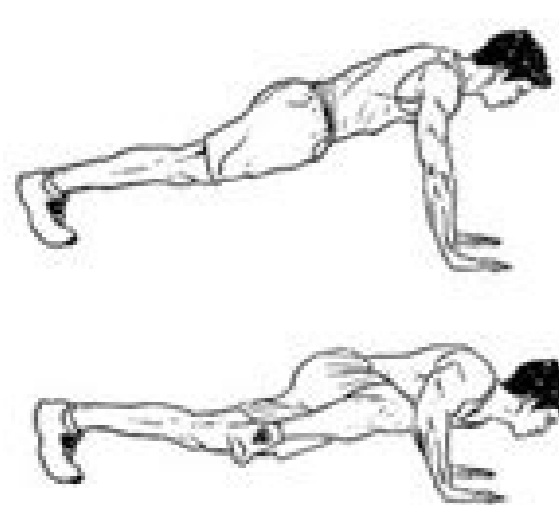
Bicycles / Elbow-to-Knee
Crunches / Cross-body
Crunch
1 sets / 12 reps



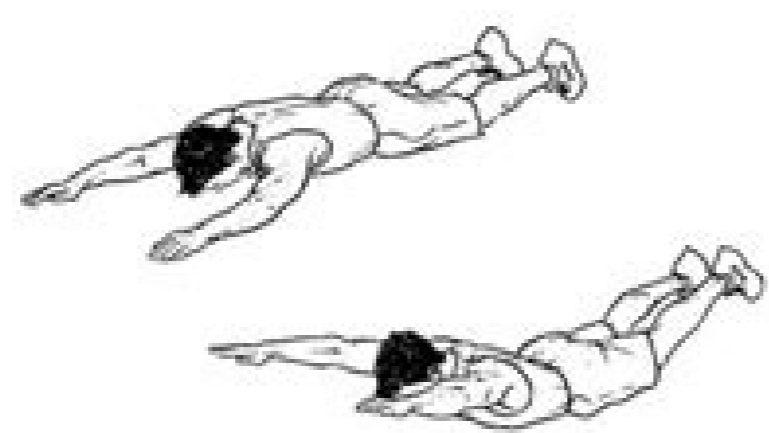
Chair Squat
1 sets / 15 reps



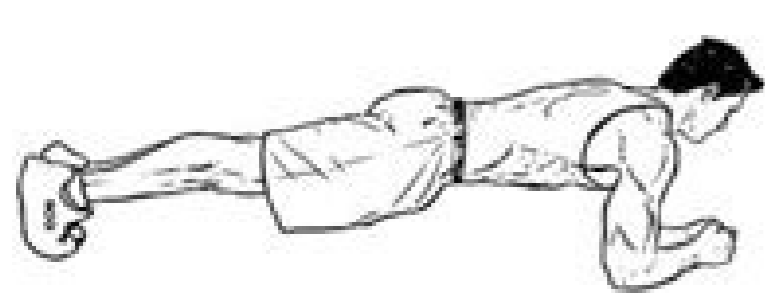
Reverse Crunch
1 sets / 12 reps



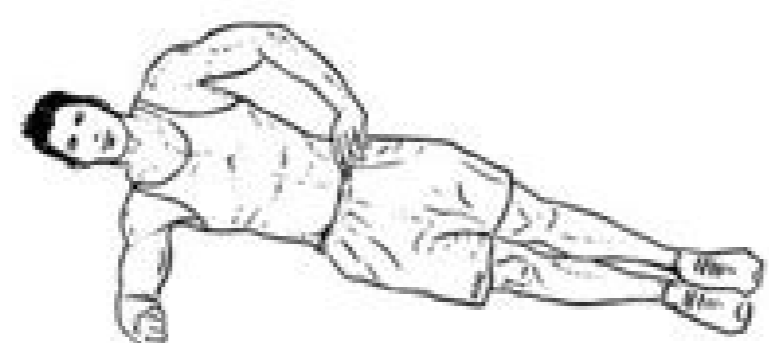
Spiderman Push-up
1 sets / 15 reps



Superman / Extended Arms &
Legs Lift
1 sets / 12 reps



Plank
1 sets / 15 secs



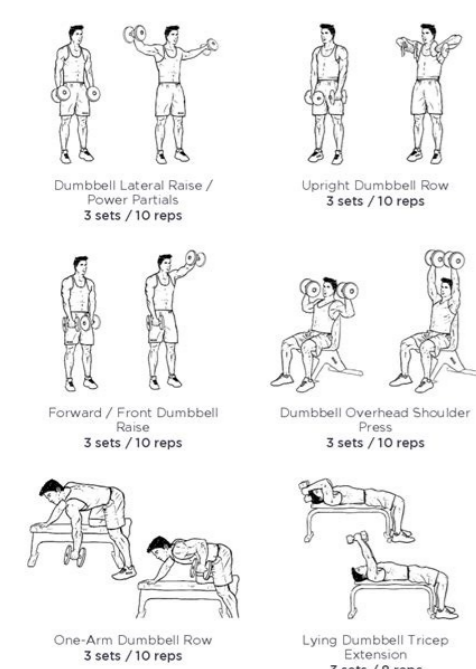
Side Plank
1 sets / 15 secs



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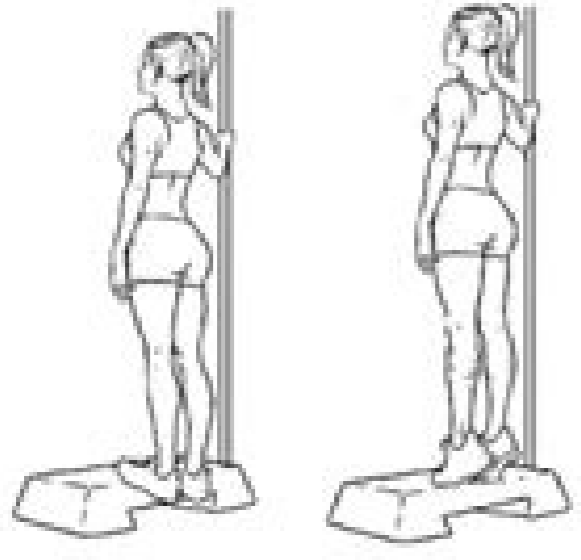
Arms: Dumbbell Gym Workout



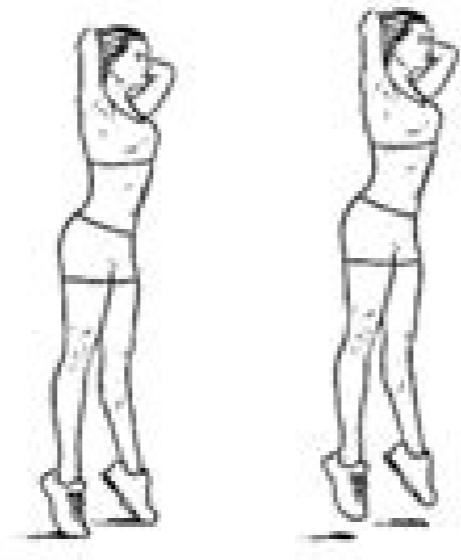
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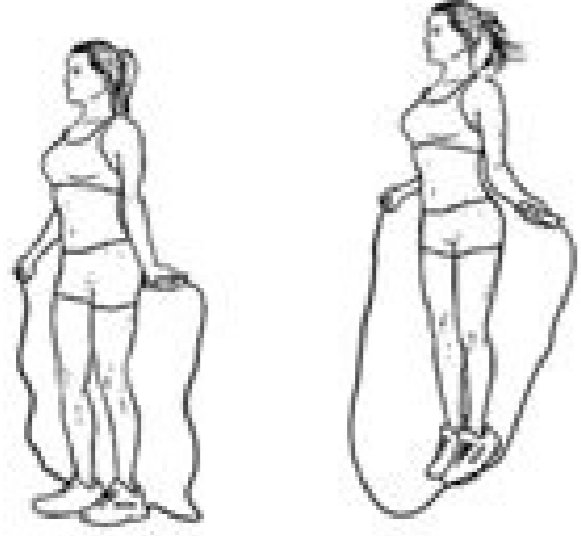
Calves



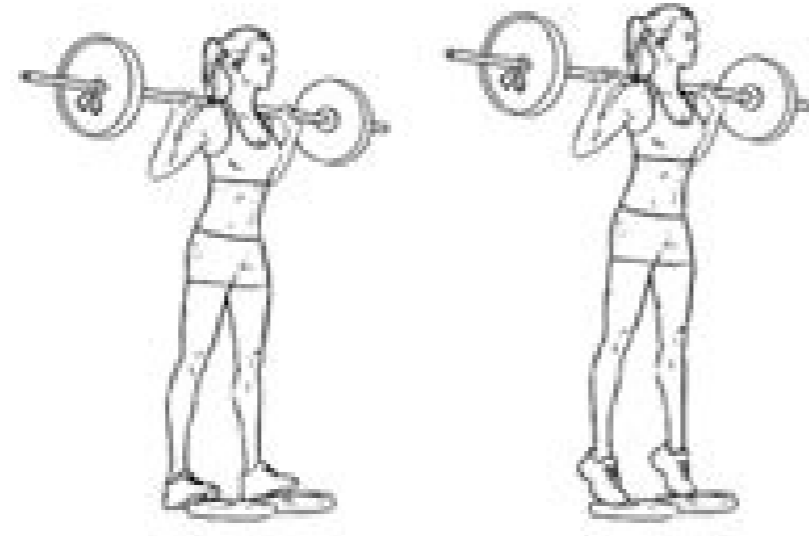
Bodyweight Calf Raises



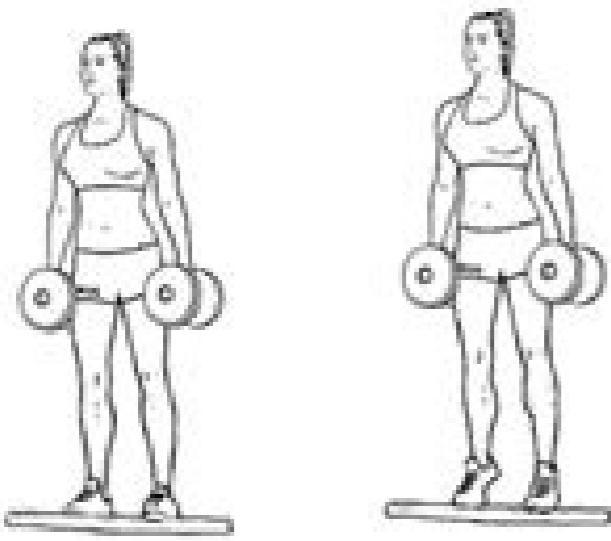
Jumping Calf Presses



Rope Jumping



Standing Barbell Calf Raise



Standing Dumbbell Calf Raise



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STONE, TORCH, & TIGHTEN

DUMBBELL
TOTAL BODY WORKOUT

SUPERSKINNYME.COM/WORKOUT

1. Dumbbell Lunges

2. Chest Press

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