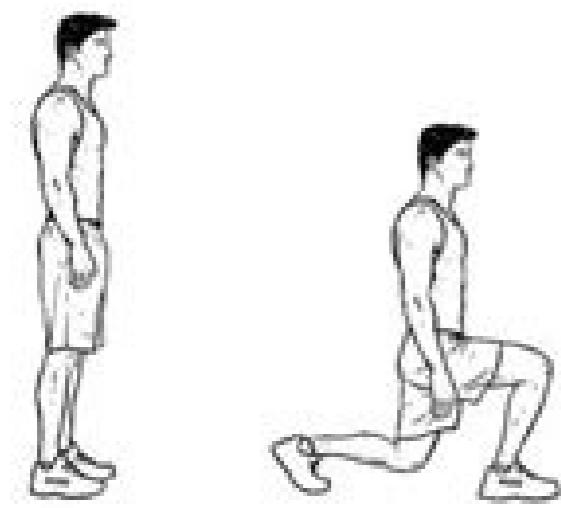


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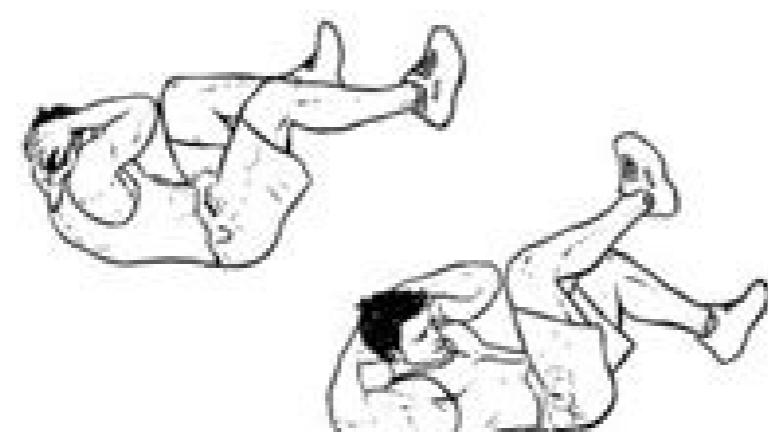
Continue

PRINTABLE WORKOUT

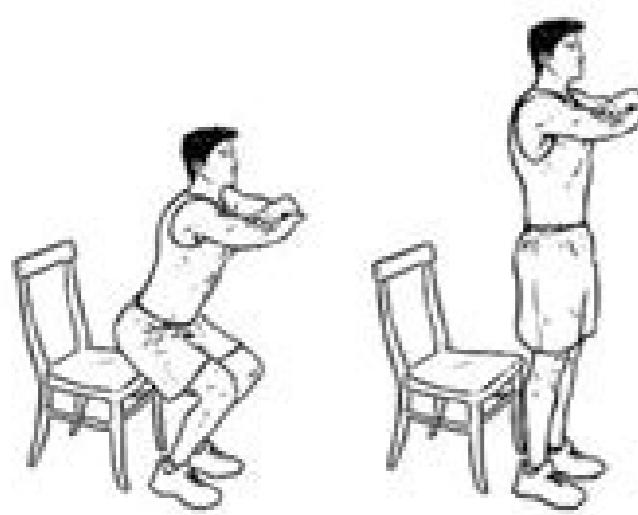
Daily Quickie Home Workout for Guys



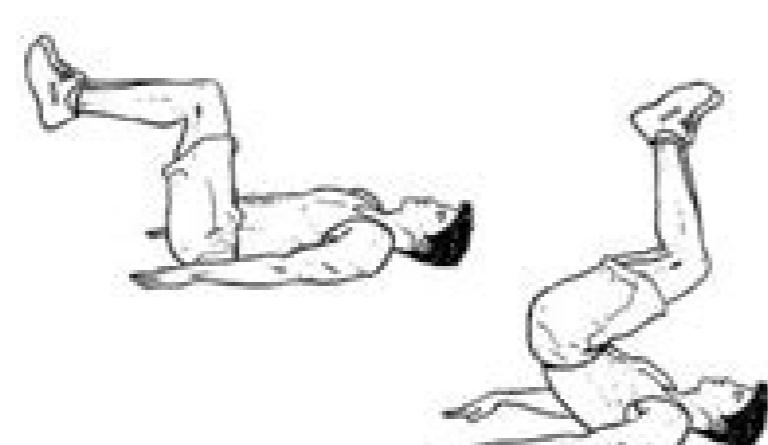
Bodyweight Walking Lunge
1 sets / 12 reps



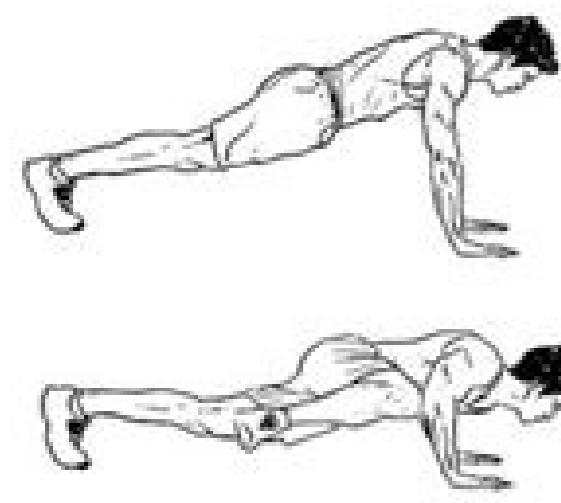
Bicycles / Elbow-to-Knee
Crunches / Cross-body
Crunch
1 sets / 12 reps



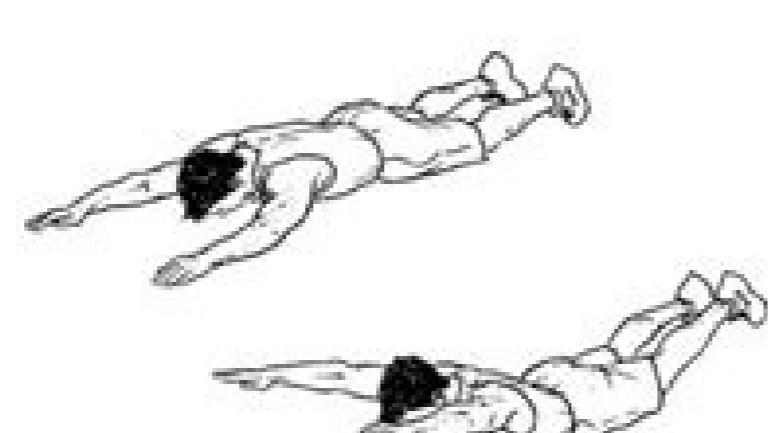
Chair Squat
1 sets / 15 reps



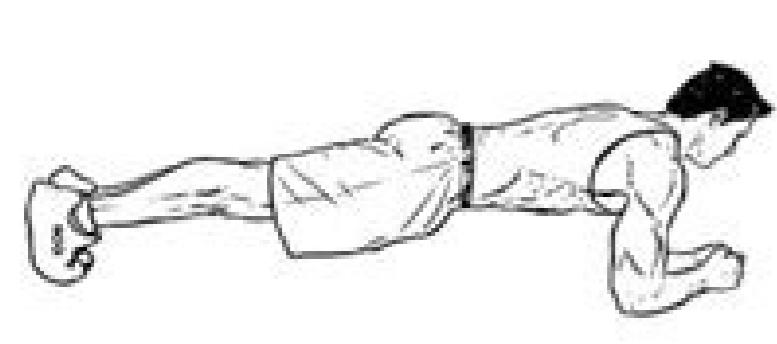
Reverse Crunch
1 sets / 12 reps



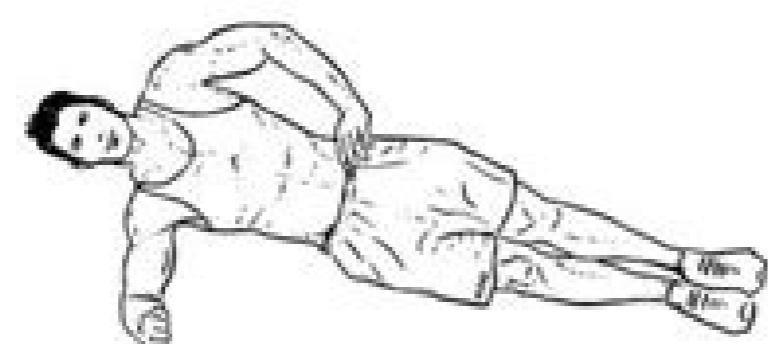
Spiderman Push-up
1 sets / 15 reps



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



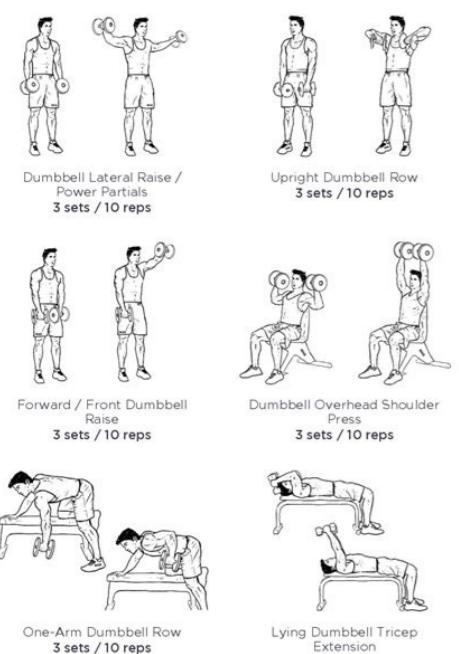
Plank
1 sets / 15 secs



Side Plank
1 sets / 15 secs

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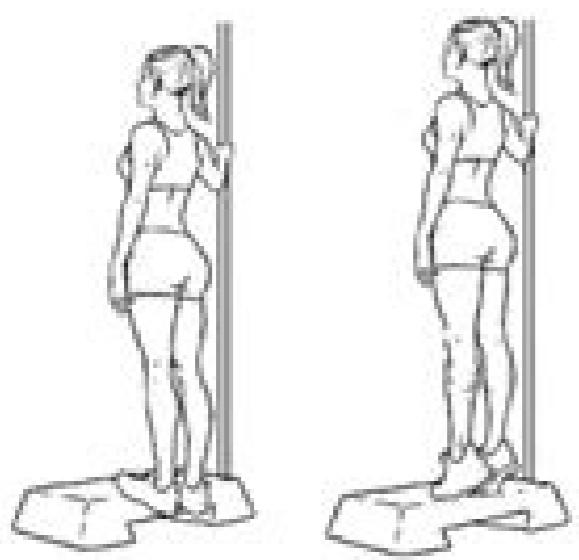
PRINTABLE WORKOUT Arms: Dumbbell Gym Workout



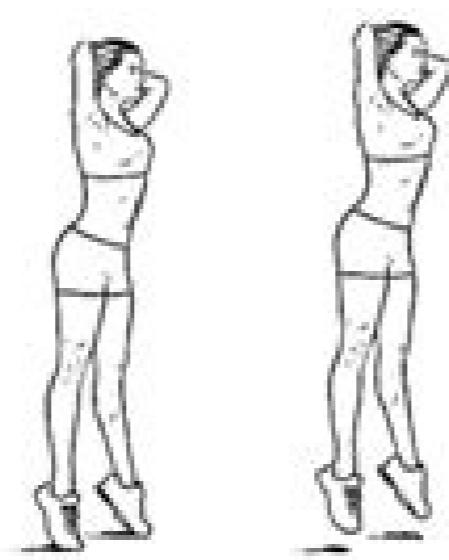
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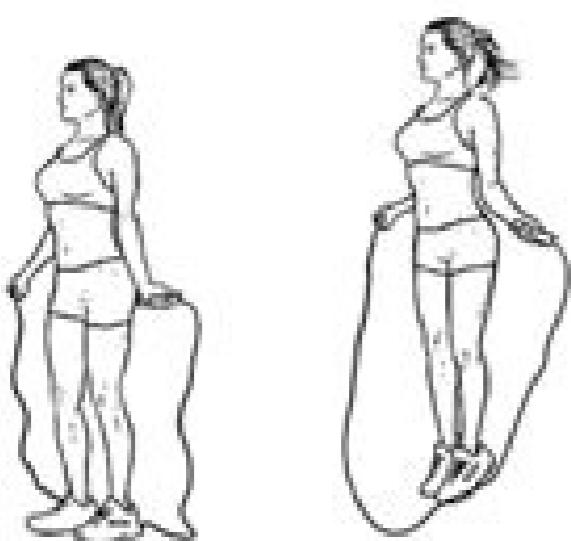
Calves



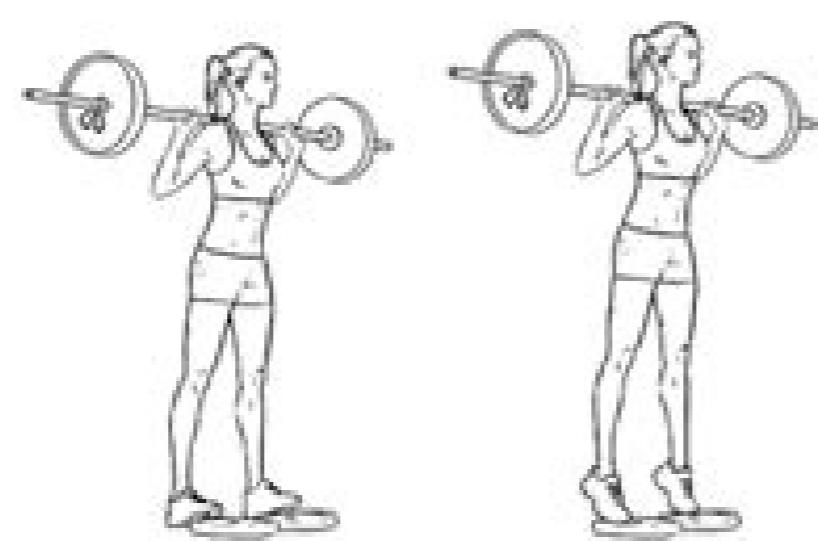
Bodyweight Calf Raises



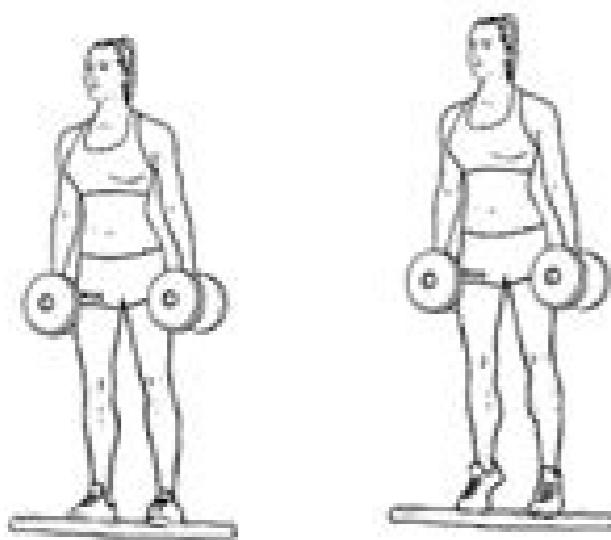
Jumping Calf Presses



Rope Jumping



Standing Barbell Calf Raise



Standing Dumbbell Calf Raise

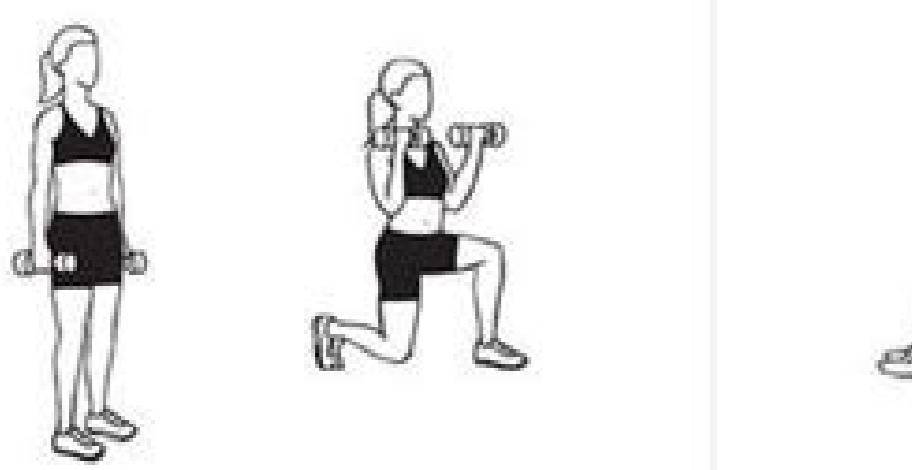
WL

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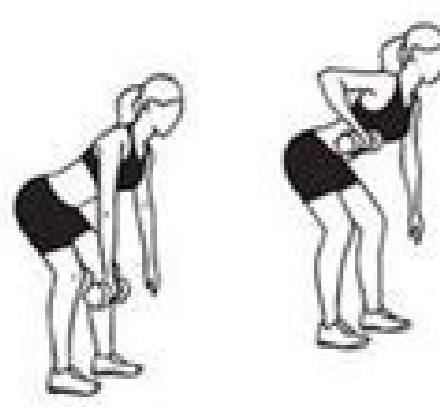
10 reps sets beginner | intermediate | advanced
rest between sets: 30 seconds | 1 minute | 2 minutes

TONE, TORCH, & TIGHTEN
DUMBBELL
TOTAL BODY WORKOUT

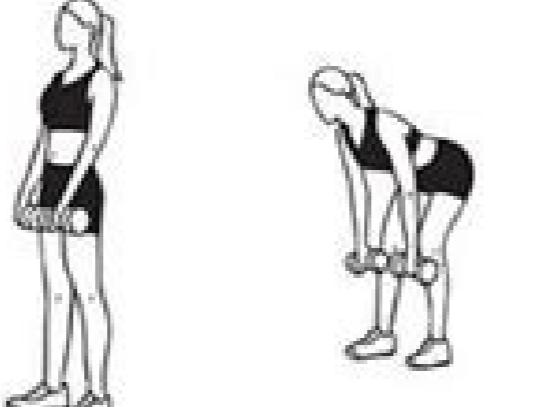
SUPERSKINNYME.COM/WORKOUT



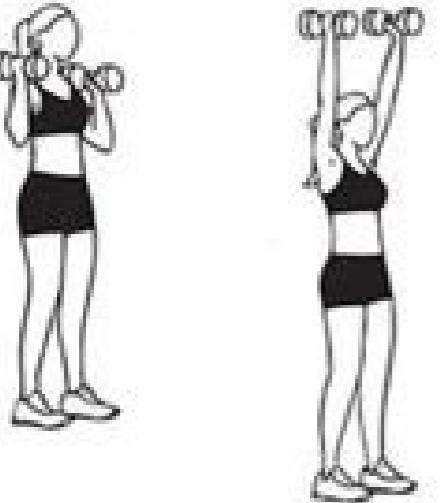
3. Single Arm Rows



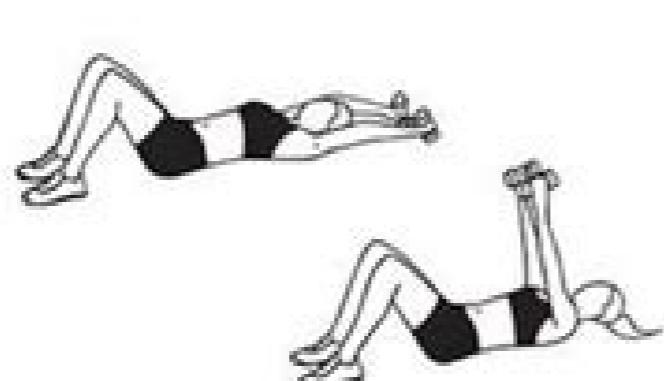
4. Romanian Deadlift



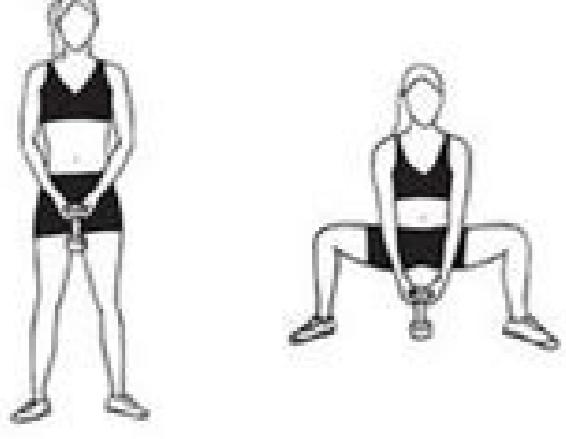
5. Shoulder press



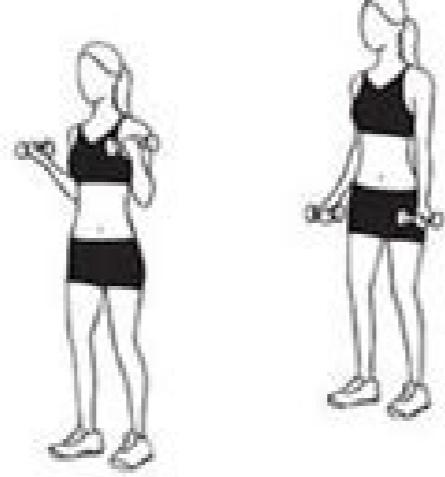
6. Pullovers



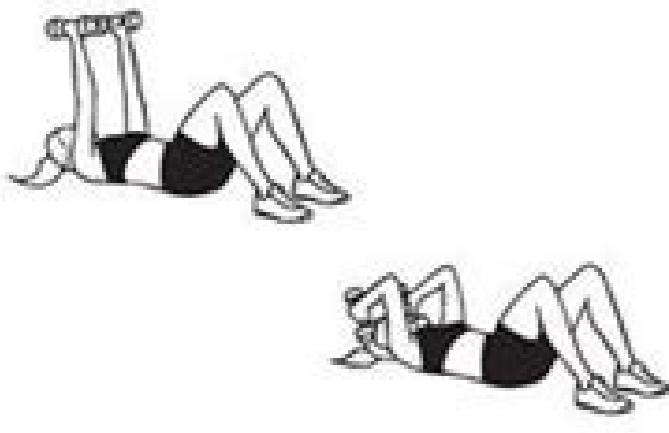
7. Plié Squats



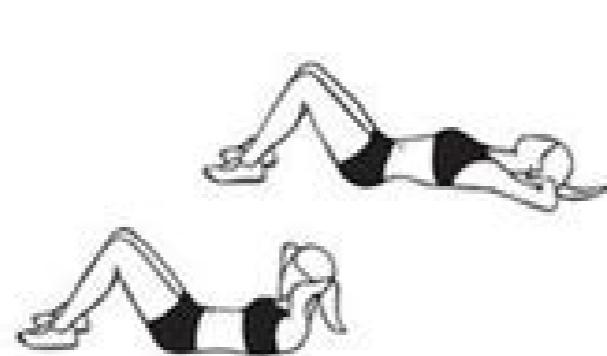
8. Biceps Curl



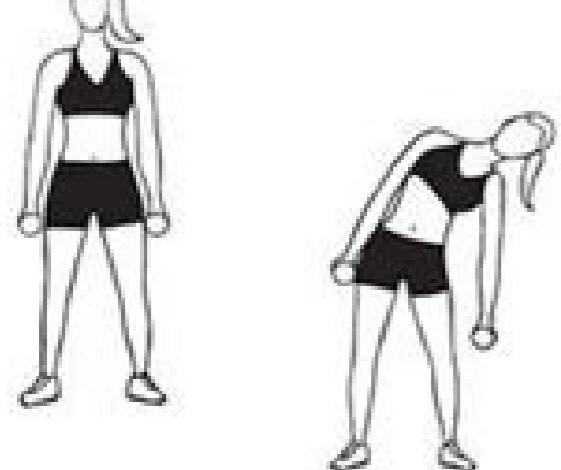
9. Triceps Extension



10. Crunches



11. Side Bends



For complete
workout instructions
see
superskinnyme.com/workout

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