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the exercises performed involve the whole body
we recommend this training if your goal is
weight loss no information karate karate is
empty hands in english translation the name
perfectly reflects the rules prevailing in this
martial art the point is web the 6 week home
workout bench and dumbbells only workout
weeks 1 and 2 strength day 1 60 min 10 yes start
legs and shoulders day 2 rest day 3 60 min 8 yes
start chest and back day 4 rest day 5 60 min 8
yes start arms day 6 rest day 7 rest weeks 3 and
4 hypertrophy day 1 60 min 10 yes start legs and
shoulders day 2 rest day 3 60 min web 2 days
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strengthening the core muscles which can help
regulate the menstrual cycle to perform a plank
start in a push up position and hold for 30
seconds as your core gets stronger increase the
time you hold the plank 4 web bodybuilding
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forward while extending your left leg back hold
the position for a few seconds before repeating
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