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Exercise “a” For 30 Seconds And Then Exercise “b” For 30 Seconds Before Either Resting Or Repeating The Superset. Warm Up: 5 Minutes (no Super Set Format) 1. Jumping Jacks (30 Sec) 2. Kneeling Pushups (30 Sec) 3. Squats (30 Sec) 4. Planks (30 Sec) Repeat One More Time And Then Rest. Mar 15th, 2024.

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