

DIFFICULTY

BEGINNER : 1 SET
INTERMEDIATE : 2 SET
ADVANCED : 3 SET

HIT

WORKOUT

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1



BUTT KICK

20 SEC



10 SEC REST

2



MOUNTAIN CLIMBER

3



PUSH-UP TOE TOUCH

20 SEC



10 SEC REST

4



SKATER

5



BICYCLE CRUNCH

20 SEC



10 SEC REST

6



JACK BURPEES

7



LUNGE

20 SEC



60 SEC REST / 1 ROUND

8



BIRD DOG

Hiit Cardio Week 1 Aaron Nimmo

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Hiit Cardio Week 1 Aaron Nimmo:

Whispering the Techniques of Language: An Emotional Journey through **Hiit Cardio Week 1 Aaron Nimmo**

In a digitally-driven earth where screens reign great and immediate conversation drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases often go unheard. However, located within the pages of **Hiit Cardio Week 1 Aaron Nimmo** a captivating fictional treasure sporting with natural emotions, lies a fantastic quest waiting to be undertaken. Penned by a skilled wordsmith, that charming opus invites visitors on an introspective trip, softly unraveling the veiled truths and profound affect resonating within the very material of each and every word. Within the mental depths with this moving review, we shall embark upon a sincere exploration of the book's key themes, dissect its interesting writing design, and succumb to the powerful resonance it evokes serious within the recesses of readers' hearts.

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