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Week-1 || Day-1 || Program

1A. Archers push ups

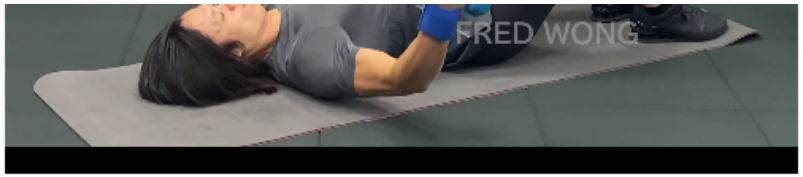


0:00 / 0:22

5 times on each side, no equipment
No rest

1B. Dumbbell chest flyes on floor





0:00 / 0:25

Until failure, dumbbell weight: bodyweight x 8%
No rest

1C. Supine leg raises, full ROM



0:00 / 0:21

10 times, no equipment
1 minute rest
1A + 1B + 1C + 1 minute rest = 1 set
Repeat 3 sets

prev

I want prev or next button here so that i cant go next page from here itself no need to go to the prev page again and again

next

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There are many variations of passages of Lorem Ipsum available, but the majority have suffered alteration in some form, by injected read more

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