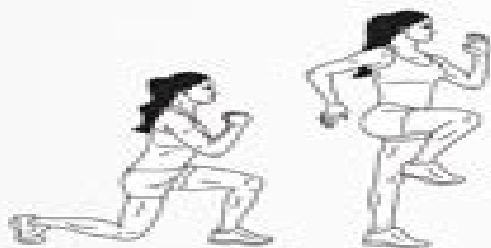


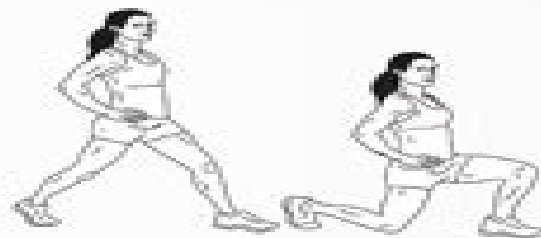
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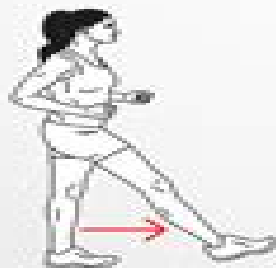
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



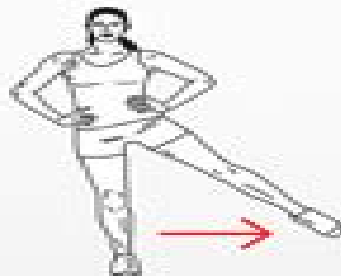
24 lunge step-ups



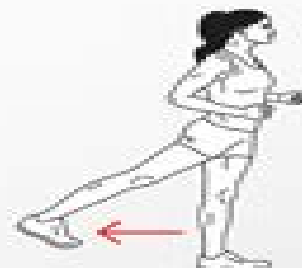
24 split lunges



24 front leg raises



24 side leg raises



24 back leg raises

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Huangqi Zhang



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until they can shimmy back into those sexy skinny jeans for good Diet exercise and attitude are all readers need to succeed during this 6 week program Cotta's eating plan trims fast burning carbohydrates for the first 3 weeks igniting weight loss then reintroduces and manages those carbs for the second half of the plan Her graduated fitness program offers three styles of cardio and strength training exercises that get progressively more challenging to keep readers from getting bored or hitting a plateau while sculpting those curves Both plans are simple to follow at home no gym fancy equipment or expensive food deliveries required and there are calendars food logs and meal plans to help readers stay upbeat and organized Packed with dynamic down to earth strategies Six Weeks to Skinny Jeans inspires women to take control of their lifestyle and feel younger sexier and fitter than ever before

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Reboot Jodie Fox,2019-10-21 Shoes of Prey launched in 2009 It allowed people to design their dream shoes online get them expertly manufactured and have them shipped to anywhere in the world within two weeks The startup broke even at two months hit multi million dollar revenues in under two years raised tens of millions in funding from top tier investors and shipped to more than 100 countries All the metrics pointed to huge scalability To a huge business To a huge success But it didn t succeed In 2018 the business failed And this is that story Reboot tells the truth of what it is like to be at the helm of a global business From the high highs of besting Karl Lagerfeld on global awards to the low lows of closing the doors on your dream join author Jodie Fox on a raw journey as she reveals for the first time the story behind the story of fashion darling Shoes of Prey This incredible ride will share lessons on raising capital building a brand finding suppliers doing business in China and most importantly how to learn and grow from your successes and your mistakes and be ready every day to reboot for the next challenge **Six Weeks to a Better Level of Tennis** Dennis Ralston,Barry Tarshis,1977 **The Metabolism**

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