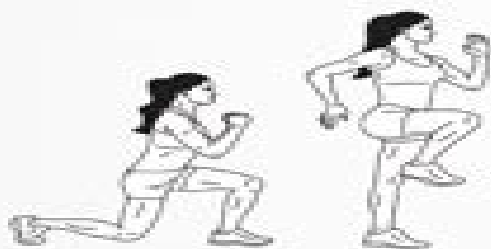


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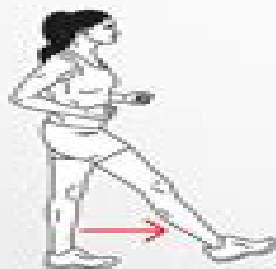
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



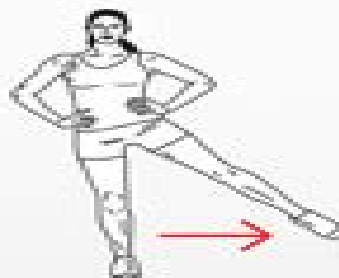
24 lunge step-ups



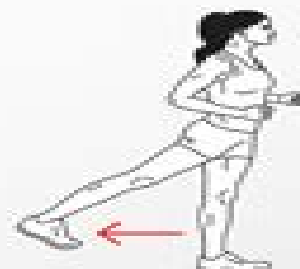
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24 back leg raises

Six Week Workout Super Legs

Ella Magers

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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The Six Weeks to Sexy Abs Meal Plan Ella Magers,2015-12-15 For the gym savvy health aficionados who just can't lose those last 6 pounds Ella Magers' secret to slimming down is cutting out dairy cutting back on grains and adding power packed plant based proteins One of the Top 50 Trainers in America Magers will help readers trim their waists so they can finally show off the washboard abs they've always wanted Magers' unique vegan approach emphasizes nutrient dense calorie light whole plant foods and carb cycling which is a low carb diet punctuated with periods of moderate or high carb intake Magers will help readers cut refined sugars and avoid obsessive calorie counting Plus she'll make sure readers don't fall into a common vegan trap replacing meat with carbs She shares simple efficient exercises that readers can do anywhere for targeted results but the focus is on nutrition which is the best and fastest way to sexy abs The benefits to her approach include a strong sexy sculpted body more energy glowing skin and a light cleansed feeling Plus it's the compassionate and environmentally conscious choice Readers do not already have to be vegan to reap these and other benefits from Magers' diet plan *Legs* Gayle Olinekova,1983 **Super Calf Training Secrets - Volume 1: Routines & Workouts** Dennis B.

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