

### DIFFICULTY

BEGINNER: 1 SET INTERMEDIATE: 2 SET

ADVANCED: 3 SET

# WORKOUT

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20 SEC

10 SEC REST



MOUNT AIN CLIMBER

3



**PUSH-UP TOE TOUCH** 

20 SEC

10 SEC REST



SKATER

5



**BICYCLE CRUNCH** 

20 SEC

10 SEC REST



**JACK BURPEES** 

7



LUNGE

20 SEC

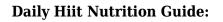
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6

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## **Daily Hiit Nutrition Guide**

**D** Keegan



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