

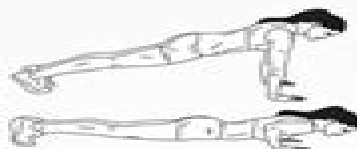
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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



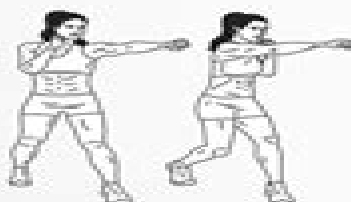
5 jump squats



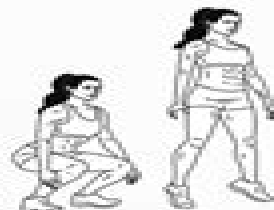
20 push-ups



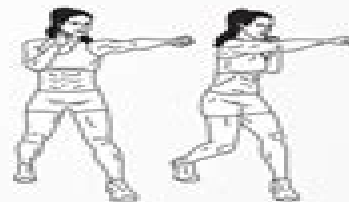
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20 punches



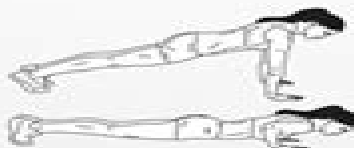
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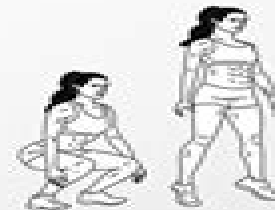
20 punches



5 jump squats



20 push-ups



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George East



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the healing powers of each planet and how to use food movement and lifestyle to realign and empower Her integrative and intuitive full body approach puts the wellness industry on mute so you can have confidence in your own self directed health choices You will learn how to Interpret the pivotal pieces of your chart the Sun Moon and rising signs and how they influence your daily routine Understand the dynamics between the elements signs and planets and use healing tools to rebalance restore or raise you out of a celestial rut Explore how movement and food needs change throughout the month with lunar cycles and throughout the year and beyond with solar and other planetary cycles

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United States. Superintendent of Documents,1976 *Naked Truth About Dieting* George East,2017-02-14 All you need to know about losing weight and NOT finding it again Did you know that desperate dieters once swallowed tape worms to ensure they lost weight Did you know that the first diet book came out in 1558 or that Victorian diet pills and potions often contained deadly arsenic and strychnine as they were supposed to speed up the metabolism and burn fat faster Nowadays we are just as whacky when it comes to dieting as some people believe that eating baby food or even stapling your ears will help you lose weight As well as all sorts of statistics and fascinating facts about how we try to lose weight and keep it off The Naked Truth about Dieting also lists explains compares and road tests dozens of famous and little known diets from around the world At the end of an absorbing voyage the book comes to a conclusion about dieting which may shock many readers who have tried everything to get slimmer Now he s been and gone and done it After half a century or so George East has finally got to grips with an issue which has bemused infuriated and fascinated men since Adam and Eve had their first falling out Why do women think and act as they do In the latest in the Naked Truth series THE NAKED TRUTH ABOUT WOMEN treads in dangerous territory as the author tries to answer eternal questions like Ascending Chaos ,2012-09-28 Ascending Chaos is the first major retrospective of Japanese American artist Masami Teraoka s prolific and acclaimed work thus far In Teraoka s paintings which have evolved from his wry mimicry of Japanese woodblock prints to much larger and complex canvasses reminiscent of Bosch and Brueghel the political and the personal collide in a riot of sexually frank tableaux Populated by geishas and goddesses priests and politicians and prominent contemporary figures these paintings are the spectacular next phase of a wildly inventive career With essays by renowned art critics who discuss how Teraoka s work inventively marries east and west sex and religion Ascending Chaos is a critical overview of this cultural trickster

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