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Fit Split Users Guide - Cathe Friedrich Follow The Workout Program Schedule You Have Selected. If You Have To Miss Some Days, Don't Fret, Just Pick Up Where You Left Off. STEP #5 Don't Forget To Use The Optional Fit | Split Bonus Abs Workout In Your Fit | Split Workout Schedule. Just Add It To The End Of Any Workout ... 4th, 2024

ICE Users Guide - Cathe Friedrich

7 STEP BOSS / LITE ONE MONTH ROTATION

WEEK 1 WORKOUT Monday Step Boss IMAX4 + Step Boss Bonus Abs 2 Tuesday LITE PHA 2 Wednesday Step Boss Step Sync Thursday LITE Metabolic Blast Friday LITE Rev'd Up Rumble + LITE Bonus Six Pack Abs #1 Saturday Step Boss PHA3 Sunday OFF Or Step Boss Bonus Extended Chair Stretch

WEEK 2 WORKOUT Monday LITE Cardio Party - ... 4th, 2024

All About Glutes

Piriformis Syndrome 12 • What Is Piriformis Syndrome? 13 • How Does Piriformis Syndrome Happen? 13 • Special Considerations With Clients 14 • Prevention And Pain Management 14 How Do I Build The Perfect Glutes? 16 • Can't I Just Squat And Lunge? 17 • Your Bes 4th, 2024.

Glutes To The Max - ACE

0% %1 RM Squat Traditional Single- Vertical Quadruped Horizontal Step-ups Lunges Four-way Squats Leg Leg Hip Leg Hip Squats Press Extensions Press Extensions * * # # Figure 2. Mean Peak Muscle Activation For The Gluteus Medius.

*Significantly Less Than The Traditional Squat (p
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Mighty Is Our God! Great & Mighty Is Our God! Great &
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