

DIFFICULTY

BEGINNER: 1 SET INTERMEDIATE: 2 SET

ADVANCED: 3 SET

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20 SEC IIIII

10 SEC REST



MOUNTAIN CLIMBER



PUSH-UP TOE TOUCH

20 SEC IIIII

10 SEC REST



SKATER

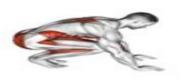
5



BICYCLE CRUNCH

20 SEC 11111

10 SEC REST



JACK BURPEES



LUNGE

20 SEC 111111

6

60 SEC REST / 1 ROUND

BIRD DOG

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Lei Huang

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Table of Contents Hiit 1

- 1. Understanding the eBook Hiit 1
 - The Rise of Digital Reading Hiit 1
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Hiit 1
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Hiit 1
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Hiit 1
 - Personalized Recommendations
 - Hiit 1 User Reviews and Ratings
 - Hiit 1 and Bestseller Lists
- 5. Accessing Hiit 1 Free and Paid eBooks
 - Hiit 1 Public Domain eBooks
 - Hiit 1 eBook Subscription Services
 - Hiit 1 Budget-Friendly Options
- 6. Navigating Hiit 1 eBook Formats

- o ePub, PDF, MOBI, and More
- Hiit 1 Compatibility with Devices
- Hiit 1 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hiit 1
 - Highlighting and Note-Taking Hiit 1
 - Interactive Elements Hiit 1
- 8. Staying Engaged with Hiit 1
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hiit 1
- 9. Balancing eBooks and Physical Books Hiit 1
 - Benefits of a Digital Library
 - o Creating a Diverse Reading Collection Hiit 1
- 10. Overcoming Reading Challenges
 - o Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Hiit 1
 - Setting Reading Goals Hiit 1
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Hiit 1
 - Fact-Checking eBook Content of Hiit 1
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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