



WORKOUT 25.1

AS MANY ROUNDS AS POSSIBLE IN 15 MINUTES OF:

- 3** lateral burpees over the dumbbell
- 3** dumbbell hang clean-to-overheads
- 30**-foot walking lunge (2 x 15 feet)

After completing each round, add **3** reps to the burpees and hang clean-to-overheads.

- ♀ 35-lb (15-kg) dumbbell
- ♂ 50-lb (22.5-kg) dumbbell

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R Bogdan



Walking Workout 2025 Open Now:

Unveiling the Magic of Words: A Report on "**Walking Workout 2025 Open Now**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Walking Workout 2025 Open Now**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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