



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

Walking Workout 2025 Open Now

J Rink



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Explorer's Guide Vermont (Fourteenth Edition) Christina Tree, Alice Levitt, 2015-05-04 Guiding you to the best of everything in Vermont for over 30 years Although Explorer's Guide Vermont covers the entire Green Mountain State the authors pride themselves on their detailed coverage of the state's less traveled areas especially the Northeast Kingdom You'll also find in depth descriptions of major Vermont destinations like Burlington Brattleboro Manchester and Woodstock They always highlight the most interesting and rewarding places to visit whether on back roads or in bigger cities artists studios family farms and historic sites among them This guide provides great recommendations for every activity you're looking for mountain and road biking hiking and swimming skiing snowshoeing and snowboarding horseback riding fishing and paddling and many more both on and off the beaten track

Explorer's Guide Vermont (Thirteenth Edition) Christina Tree, Rachel Carter, 2012-09-17 The definitive guide to the Green Mountain State Christina Tree and new coauthor Rachel Carter have more lovingly than ever updated the Explorer's Guide to Vermont especially since floods in August 2011 caused by Tropical Storm Irene devastated so many of the communities businesses iconic covered bridges and scenic backroads in the state As these towns and storefronts rebuild so have Tree and Carter This 13th edition of Explorer's Guide Vermont reviews hundreds of dining and lodging options from the remote reaches of the Northeast Kingdom to quaint Manchester and bustling Burlington The authors offer great recommendations for the most rewarding spots to visit artists studios farmers markets historic sites and more and highlight the best biking hiking swimming winter sports horseback riding fishing and paddling Enjoy four seasons of events and activities whether you're a visitor or a resident you've got to get this guide

Explorers Guide Vermont Thirteenth Edition Christina Tree, Rachel Carter, 2012-09-17 Surveys the parks campgrounds inns motels restaurants stores sports cultural activities special events and historic villages in Vermont **Good**

Housekeeping, 1925 [Woman's Who's who of America](#) John W. Leonard, 1914 [The Billboard](#), 1928 [Woman's Who's who of America](#), 1914 **Billboard Music Week**, 1928 **The Law Times**, 1882 *The Best of Los Angeles and Southern California* Alain Gayot, 1998 Visitors love L A for the same reasons its residents do fabulous year round weather gleaming beaches and a staggering choice of entertainment and cultural activities Then of course there's the thrill of Hollywood the glitz and glamour that make Los Angeles an international phenomenon With more than 2 000 reviews of restaurants hotels resorts shopping nightlife and recreation *The Best of Los Angeles* covers it all from Ensenada Mexico all the way north to Hearst Castle Copyright Libri GmbH All rights reserved **Frommer's Los Angeles 2002** Stephanie Avnet Yates, 2001-09-15 You'll never fall into the tourist traps when you travel with Frommer's It's like having a friend show you around taking you to the places locals like best Our expert authors have already gone everywhere you might go they've done the legwork for you and they're not afraid to tell it like it is saving you time and money No other series offers candid reviews of so many hotels and restaurants in all price ranges Every Frommer's Travel Guide is up to date with exact prices

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Introductory Algebra Lial,Salzman,Miller,E. John Hornsby,1997-10 **The Journal of Education** ,1912 *Introductory and Intermediate Algebra* Margaret L. Lial,E. John Hornsby,Charles David Miller,1998 **Indiana Travel Guide** ,2010 Mekeel's Weekly Stamp News I. A. Mekeel,Charles Esterly Severn,Stephen B. Hopkins,1925 **The Musical Leader** ,1923 *RSA Journal* Royal Society of Arts (Great Britain),2001 **Air Transportation** ,1961 **The Discount Merchandiser** ,1993

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