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30 exercises that should be in your workout routine Jul 21 2022 web the beauty of fitness programs is that very few are identical depending on a person s goals you ll find basically everyone at your gym has different exercises rep counts set numbers and strategies that they do day in day out some will even have completely different gym methodologies there are those that swear by tried and true weight routines while others

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the best exercises you can do and will help you get in shape and lower
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workout the buoyancy of the water supports your body and takes the
strain off painful joints so you can move them more fluidly

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start by standing with your feet shoulder width apart and arms down at
your sides take a step forward with your right leg and bend your right
knee as you do so stopping when your thigh is

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