

You The Owner Manual Workout

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"You: The Owner's Manual Workout" is a DVD containing two short & basic dumbbell workouts, one short cardio workout, and a very quick nutrition recipe section. 1. Level 1 dumbbell workout (about 32 minutes) Two light handweights (or dumbbells) are used. Joel Harper instructs Deborah through a series of mostly basic light dumbbell moves.

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Owner's Manual and Fitness Guide

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Workout Manual - DAREBEE

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This fitness program provides a series of three 25 minute workouts, each designed for a higher skill level, so that viewers can build on their increasing endurance. Also included with the program is a nutritional guide, to aid in reaching fitness goals.

YOU: The Owners Manual Workout (DVD, 2008) for sale online ...

Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual. Page 14: Leveling The Machine BEFORE YOU START Leveling the Machine The machine needs to be leveled if your workout area is uneven.

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THE UK has taken a "huge step forward" in its fight against Covid-19 as our vaccination programme got under way, Boris Johnson has said. Margaret Keenan, 90, was applauded by staff this

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