

## EXERCISES



1. The first part of the exercise is a warm-up. It consists of a series of movements that are designed to prepare the body for the more intense work that is to follow. These movements include a series of lunges, squats, and lunges with a twist. The second part of the exercise is the main workout. It consists of a series of movements that are designed to build strength and endurance. These movements include a series of lunges, squats, and lunges with a twist. The third part of the exercise is a cool-down. It consists of a series of movements that are designed to help the body recover from the workout. These movements include a series of lunges, squats, and lunges with a twist.

2. The first part of the exercise is a warm-up. It consists of a series of movements that are designed to prepare the body for the more intense work that is to follow. These movements include a series of lunges, squats, and lunges with a twist. The second part of the exercise is the main workout. It consists of a series of movements that are designed to build strength and endurance. These movements include a series of lunges, squats, and lunges with a twist. The third part of the exercise is a cool-down. It consists of a series of movements that are designed to help the body recover from the workout. These movements include a series of lunges, squats, and lunges with a twist.