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pre-training week 1 monday legs & cardio - pre-training week 1 monday legs & cardio squats 15 reps walking lunges circuit one circuit two stationary lunges 24 reps sumo squats 12 per side 15 reps skipping 50 reps step ups 24 reps 12 per side knee ups mountain climbers 2x7min pre-training week 1 tuesday - liss (35-45 mins) cool down - lower body stretch routine (see page 84) 2x7min 24 ...

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