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include stdio h int main char choice puts meal
plans puts a breakfast lunch and dinner puts b
lunch and dinner only puts c dinner only printf
your choice scanf c choice printf you ve opted for
switch choice case a case a this 20 minute workout
courtesy of hamelin is designed to build muscle
improve posture and burn fat the exercises are to
be performed consecutively with short rest times
to keep the intensity high this will elevate your
heart rate causing your body to burn more calories
than a traditional weightlifting workout beginner
routine our 10 picks for beginner bodyweight
exercises will provide a full body workout
complete 2 sets of 10 to 15 reps of each exercise
with 30 seconds to 1 minute of rest between an
intense 20 min full body workout you can do at
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precautions try it out the figure eight is a
kettlebell exercise that works several muscle
groups at the same time when first attempting this
move use a smaller kettlebell as you become more
comfortable with the move add more weight 20 min
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