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| # | Exercise     | # | Reps | # | Rig  | # | Duration | # | Wks |
|---|--------------|---|------|---|------|---|----------|---|-----|
|   | Padel        |   | 1    |   |      |   | 120      |   |     |
|   | Padel        |   | 1    |   |      |   | 120      |   |     |
|   | Hiptrust ... |   | 12   |   |      |   |          |   |     |
|   | Gloves M...  |   | 8    |   | 20   |   |          |   |     |
|   | Row Dum...   |   | 10   |   | 20   |   |          |   |     |
|   | Sleeves Curl |   | 10   |   | 12.5 |   |          |   |     |
|   | Triceps D... |   | 14   |   | 6    |   |          |   |     |
|   | Padel        |   | 1    |   |      |   | 120      |   |     |
|   | Sobel        |   | 10   |   | 2.5  |   |          |   |     |
|   | Back Exer... |   | 12   |   |      |   |          |   |     |
|   | Neck         |   | 12   |   | 2.5  |   |          |   |     |
|   | Stable Sp... |   | 12   |   |      |   |          |   |     |
|   | ARM Back ... |   | 8    |   |      |   |          |   |     |
|   | Sprung Bar   |   | 8    |   | 50   |   |          |   |     |
|   | Facepull     |   | 12   |   | 12.5 |   |          |   |     |
|   | Bench Inc... |   | 8    |   | 14   |   |          |   |     |
|   | Reverse F... |   | 8    |   | 2    |   |          |   |     |
|   | Padel        |   | 1    |   |      |   | 120      |   |     |

**Figure 1**

## ■ Types

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**Add exercises:**


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## Exercises

| D. | Exercise        | # Kg | # Reps | # Sets | I. Total Re... |
|----|-----------------|------|--------|--------|----------------|
|    | Hiptrust Band   |      | 12     | 3      | 36             |
|    | Glutes Mediu... | 20   | 8      | 3      | 24             |
|    | Row Dumbbell    | 20   | 10     | 5      | 50             |
|    | Biceps Curl     | 12.5 | 10     | 5      | 50             |
|    | Triceps Dums... | 6    | 14     | 5      | 70             |

|                      | Mean  | SD   |
|----------------------|-------|------|
| Age                  | 60.78 | 9.22 |
| Gender               |       |      |
| Male                 | 10    |      |
| Female               | 10    |      |
| Marital status       |       |      |
| Married              | 10    |      |
| Single               | 10    |      |
| Widowed              | 10    |      |
| Divorced             | 10    |      |
| Education level      |       |      |
| High school or below | 10    |      |
| Bachelor's degree    | 10    |      |
| Master's degree      | 10    |      |
| PhD                  | 10    |      |
| Occupation           |       |      |
| Retired              | 10    |      |
| Unemployed           | 10    |      |
| Employed             | 10    |      |
| Health status        |       |      |
| Good                 | 10    |      |
| Fair                 | 10    |      |
| Poor                 | 10    |      |
| Chronic diseases     |       |      |
| No chronic disease   | 10    |      |
| Hypertension         | 10    |      |
| Diabetes             | 10    |      |
| Asthma               | 10    |      |
| Heart disease        | 10    |      |
| Kidney disease       | 10    |      |
| Liver disease        | 10    |      |
| Other                | 10    |      |

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# Advanced Fitness Planner

**R Bogdan**



## **Advanced Fitness Planner:**

## Decoding **Advanced Fitness Planner**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Advanced Fitness Planner**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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