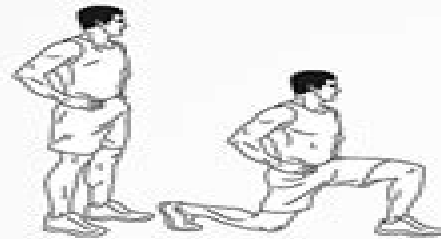


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2 minutes rest between exercises

12 lunges
x 3 sets in total
20 seconds rest
between sets



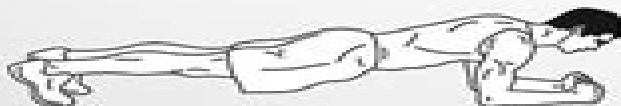
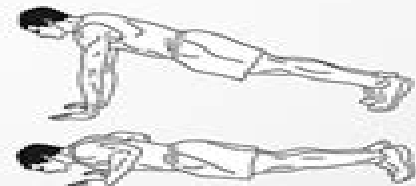
12 calf raises
x 3 sets in total
20 seconds rest
between sets



24 side leg raises
x 3 sets in total
20 seconds rest
between sets



12 push-ups
x 3 sets in total
20 seconds rest
between sets



60sec elbow plank hold

The Hotel Workout

Tamilee Webb



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Workouts For Dummies Tamilee Webb, 1998-12-28 Every few months a new diet wonder drug or workout machine hits the market promising instantaneous results. Unfortunately none of these fads ever seems to work. That's because the secret to good health is based on a balanced workout routine which consists of eating a healthy diet, exercising, resting your body, and doing your best to find balance in all aspects of your life. If you can dedicate yourself to this goal and are willing to work for what you want, you can have a healthy and fit body. **Workouts For Dummies** by Tamilee Webb, whose buffed body is the star of the Buns of Steel workout video series, will show you how to get the most out of your workout routine, no matter what your current level of fitness. If you're a workout enthusiast, this book will help you shape up with easy workouts you can do anytime, anywhere. Even if you've never exercised, don't worry; this book starts with basic topics such as choosing shoes and warming up. **Workouts For Dummies** covers everything you'll need to create an effective exercise program, starting with an explanation of body types so you don't think you'll end up looking like Cindy Crawford if you don't already, and the workouts that suit your body type. You'll also find directions for stretches, aerobic exercises, muscle conditioning using weights, furniture, exercise bands, and bars, and workouts for different locations: home, office, gym, all with illustrations. **Workouts For Dummies** also deals with the following topics and much more: Creating a personalized workout, Warming up, cooling down, and stretching; Preventing common injuries; Targeting and toning trouble spots; Evaluating equipment, gear, and gadgets; Determining your fitness level; Working out while traveling. Filled with expert tips, techniques, and step-by-step photos that illustrate over 100 exercises, **Workouts For Dummies** will help you make exercising an enjoyable part of your life.

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Hotels, 2005 [The Hotel Monthly](#) John Willy, 1932 [Bicycling](#), 2008-03 Bicycling magazine features bikes, bike gear, equipment reviews, training plans, bike maintenance, how-tos, and more for cyclists of all levels.

A Hotelier's Mind Jeroen Gulickx, 2016-06-03 The book is about creating opportunity by setting a strategy that challenges current hotel operations by systematically going through departments and outlets using real examples, data from a variety of industries, and input from remarkable colleagues.

and partners from in and outside the hospitality industry *Psychology* ,1929 *Research Report* ,1991

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