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Body Workout (No equipment) Week  
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Day 1 // Full Body Workout - No  
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No Equipment Low Impact CARDIO +  
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Workout // No equipment

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FLAT ABS Home Workout // No  
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Abs Workout Week 5 Day 1 // Upper  
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**Nimm** on workload monitoring, game-related statistics, and the measurement of physical and skill attributes in basketball players. This book also has a strong focus on increasing the evidence available for female basketball players, who have traditionally been under-represented

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