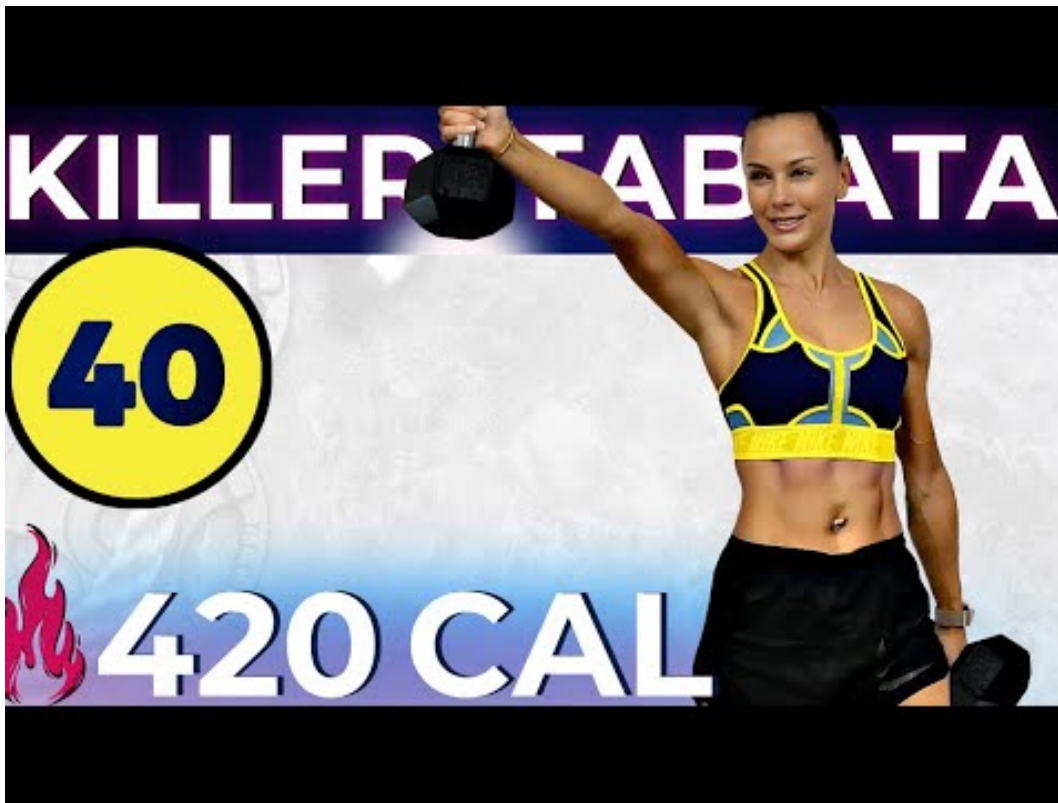


The Apple Keto Gummies: A Review of Their Features and Benefits

[Click here to get "Apple Keto Gummies" from the official website \(Special Discount Code Applied\)](#)

[Keto Burn Bhb Gummies When To Take. 40-MIN INTENSE TABATA WORKOUT with weights \(lose weight fast, build lean muscle, total body + abs\)](#)



Happy NEW YEAR EVE 2023 ðŸŒŸ Let's finish this year super strong! This 40-min total body Tabata workout with weights is intense but designed for all fitness levels. Will help you to lose weight fast, build lean muscle, and get rid of belly fat (20/10 Tabata timer, I'm using 10, 12, 15 Lb.) ðŸŒŸ Shop GXMMAT âŒšï, <https://www.gxmmat.us/?ref=JulietteWooten> ðŸŒŸ use code JulietteWooten10 ðŸŒŸ Join Transform membership here âŒšï, https://www.youtube.com/channel/UCTXzauU_tFThBkyjAv6jCHQ/join Subscribe to channel here âŒšï, <https://bit.ly/3TK9ijA> 0:00 INTENSE TABATA WORKOUT 0:52 STEP TOUCH 1:28 DOUBLE KNEE LIFT 1:52 DROP SQUAT 2:25 FROGGER / PUSH-UP 5:38 DROP SQUAT WITH SWING OH 6:08 SQUAT FRONT PRESS (IN SQUAT) 6:42 DROP SQUAT BC / OH PRESS (IN SQUAT) 7:10 FEET TOGETHER SQUAT (DB OH TO 90â€™ FRONT) 10:24 POWER DEADLIFT (3 POLL) 10:54 DEADLIFT RG ROW 11:26 DEADLIFT / CLEAN SQUAT 11:56 LATERAL STEP DEADLIFT 15:11 LATERAL SQUATTED WALK OH PRESS 15:42 COSSACK 16:16 PRISONER KNEE LIFT 16:44 DROP FROGGER SQUAT / ANGEL 19:56 FROGGER / CALVE RAISE BC 20:28 FROGGER TO HIGH PULL 20:58 FROGGER TO UPPERCUT 21:58 FROGGER / BC V OH PRESS 24:42 SL DEADLIFT 25:16 DONKEY (1 DB) 25:44 SIDE ABDUCTION (1 DB) 26:16 SL GLUTE THRUST HALO (1 DB) 29:25 BRIDGE GLUTE THRUST CHEST FLY (HEALS) 29:58 BOAT BC / ABDUCTION 30:28 JACKKNIFE TO BEAR 30:56 KNEELING GLUTE THRUST / TORNADO (1 DB) C O N N E C T ðŸŒŸ Join our TRANSFORM FB group âŒšï, <https://www.facebook.com/groups/trans...> ðŸŒŸ GRAB YOUR WORKOUT CALENDAR HERE â®• <https://www.juliettewooten.com> ðŸŒŸ INSTAGRAM <https://bit.ly/3KLYcqk> ðŸŒŸ FREE WEIGHT LOSS MEAL PLAN â¬†ï, <https://juliettewooten.com/app/> â¬†... FREE TRIAL ðŸŒŸ My EQUIPMENT and NUTRITION LIST FOR BEST POSSIBLE RESULTS! â®• <https://www.amazon.com/shop/juliettewooten> ðŸŒŸ check out www.fitnessboss.fit D I S C L A M E R This is my own personal workout program and may not be suited for your specific health or medical condition. You

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40-MIN INTENSE TABATA WORKOUT with weights (lose weight fast, build lean ...



Radiant Keto ACV Gummies: Shine Bright on Your Ketosis Journey, Ketoburn Gummies: A Closer Look at Their Composition and Efficacy