

Life Interrupted Navigating The Unexpected

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a fitness program guide for epic i ii by caroline girvan includes workout schedules equipment tips and a beginner series hiit bodyweight dumbbells

we re halfway through epic ii program by caroline girvan and i wanted to share my positive impressions of it so far epic 2 is a fantastic fitness program if you re looking to build strength

30 mei 2023 i finished epic 2 last week it s the first time i have ever stuck with a program all the way through enjoyed it and seen results i thought i would post what i ve learnt to help others who are

if you are completely new to training you can start with the epic beginners series which is a combination of the fundamental movements you will be doing in the epic programme when you feel

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