

A No-Sweat, Full-Body Workout

Week 1

1 No-sweat routine

2 Rest

3 No-sweat routine

4 Cardio

5 Rest

6 Rest

7 No-sweat routine

Week 2

8 Cardio

9 No-sweat routine

10 Rest

11 Cardio

12 Rest

13 No-sweat routine

14 Rest

Week 3

15 No-sweat routine

16 Cardio

17 No-sweat routine

18 Rest

19 No-sweat routine

20 Cardio

21 Rest

Week 4

22 No-sweat routine

23 Rest

24 No-sweat routine

25 Cardio

26 No-sweat routine

27 Rest

28 No-sweat routine

Week 5

29 Rest

30 No-sweat routine

31 Cardio

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No Sweat Exercise Program

Joacim Rocklöv

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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enough if we want to look feel and live our best

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