

A low-angle, close-up shot of a woman's legs as she walks on a city sidewalk at night. She is wearing bright red sneakers with white soles. The background is blurred, showing other pedestrians and city lights, creating a bokeh effect. The overall mood is dynamic and urban.

THE HEELS

PART 12 - EXTRA ANGLES



































THE WEIGHT LIST GYM







THE WEIGHT



THE WEIGHT LIST GYM







THE WEIGHT



THE WEIGHT LIST







THE WEIGHT LIST



































































































































STRETCHES

STANDING ARM AND LEG STRETCH
 Position: Stand with feet hip-width apart, arms extended overhead, and one leg stepped forward.
 Stretch: Hold for 15-30 seconds, then switch legs.

CHEST OPENER
 Position: Stand with feet hip-width apart, arms extended forward and slightly down.
 Stretch: Hold for 15-30 seconds.

FLOOR TWIST
 Position: Lie on your back with knees bent and feet flat on the floor.
 Stretch: Turn your head and shoulders to the right, then to the left.

KNEEL TO CHEST
 Position: Kneel on both knees with feet flat on the floor.
 Stretch: Pull one knee towards your chest, hold for 15-30 seconds, then switch knees.

HULKSTER HINTS

WARM-UP
 The Warm-Up gets your body ready for exercise. Start slowly by running in place, then progress to jumping jacks and then move on to Jumping Rope. 30 min Warm-Up is all you need.

STRETCHES
 Stretches loosen your muscles and get them ready to exercise. It is important to stretch slowly because stretching helps prevent injury to your muscles.

- * The exercises are divided into sections "A" and "B"; you should do section "A" in your first workout, then do every exercise in section "B" and so on.
- * Don't push your body too hard. Gradually increase the length of your warm-up to skip a day in between workouts to allow your muscles to rest.
- * Dress in loose fitting or stretchable clothes and be sure to wear sneakers your feet and keep you from slipping.
- * Eat the right foods and drink plenty of fluids to keep your body working to wait at least one hour after eating before starting your workout.















































































































































































































































