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WORKOUT: LEAN MUSCLE WITHOUT EQUIPMENT Main

Goal: Build Muscle Training Level: Beginner Program

Duration: 6 Weeks 3 Days Time Per Workout: 30-45

Mins Equipment: Bodyweight Author: Brad Borland

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3 Days Time Per Workout: 30-45 Mins Equipment:
Bodyweight Author: Brad Borland Basic Bodyweight
Workout Exercise Sets Reps Rest Perform 2 - 3x A
Week Superset: Push-Up And Pull-Up 2 - 4 10 - 20 60
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