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Murgatroyd A © Jonathan Perugiashow Morey, inserting your and email address, you agree with our poetry of terms of use and privacy and consent to receive and email from the moment about notion, events, offers and promotions partners. A Thank you for signing! Look for your first newsletter in your inbox soon! Support the time, see that you are using a dwarf blocker. But if you still feel sore, or or take a day off before your next training. Although you can not isolate individual groups, all of them are worked correctly. 6 -day dough hardcore routine: Division: push/Pux/Legs Frequency: 6 days a week. The day of training 1-baâ³, shoulders, brain: Haltere benters 3 sides x 6-8 Repeat parallel (weighted) 3 sets x 10-12 represented from the Sitada Military Press (bar) 3 sets x 6 -8 REPS Side Dumbbell Raieses' 2 Sets x 10-12 REPS Day 2-Funas, Backs and Abdominal: Leg Press (or Hack Squat) 3 sets x 6-8 Repeações of Ragid Legs -12 Reps Chin UPS (weighted) 2 sets x 10-12 Representatives Lines of dumbbells âº 2 Sets 10-12 Representations x 45 seconds the rest period of 90 seconds between each set will be used to perform 15 flexions. Include more exercise and include supersets. Supersets.

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