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MON TUE WED THU FRI SAT SUN
Week 1
Strength-Circuit A
Strength-Circuit B Interval
Cardio A Strength-Circuit C
Strength-Circuit D Interval
Cardio B Rest Day
Week 2 ... Sat, 05 Jan 2019 12:41:00 GMT MAX 3Week Program - hybridmuscletribe.com - I have written my personal review of Max Workouts program but I suppose you want to learn about other people experience as well. Here are several reviews I found on Youtube. Thu, 30 Jan 2014 15:00:00 GMT Shin Ohtake's Max Workouts Review and Free pdf Download - Download

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