

WORKOUT



LIGHT DAY

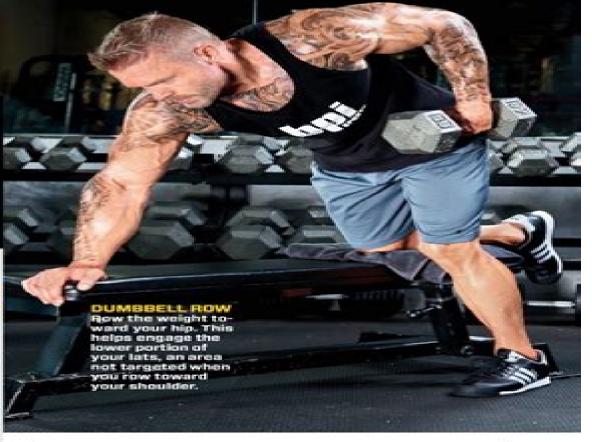
	ETS	REPS					
EXERCISE S		1	S 3 CAC		-	5	
Pushup	2	8	9	10	11	12	
Cable Crossover	3	8	9	10	11	12	
Bench Press	3	8	9	10	11	12	
Incline Dumbbell Flye Incline Dumbbell Bench Press	3	8	9	10	11	12	
French Press	3	8	9	10	11	12	
Rope Pushdown	3	8	9	10	11	12	
Overhead Extension	3	8	9	10	33	12	
Dumbbell Kickback	3	8	9	10	11	12	

HEAVY DAY

REPS

4 5 6 7

EXERCISE	SETS	1	1 2 3 4			
Pushup	2	-4	5	6	7	8
Flat Dumbbell Bench Press	5	4	5	6	7	8
Incline Dumbbell Bench Press	5	4	5	6	7	8
Close-grip Bench Press	5	4	5	6	7	В



AMINOS V

The fastest, most efficient way to refuel your muscles and stop catabolism in the post-workout window is with the BCAAs leucine, isoleucine, and valine.

These three powders all offer something different



In addition to BCAAs, contains glutamine and essential aminos.



Contains leucine plus 3g creatine to support growth.



Bucks convention by bonding leucine, isolaucine, and valine.

Incline

French Press

Kinobody Workout

WJ Hussar



Unveiling the Magic of Words: A Report on "Kinobody Workout"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Kinobody Workout**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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