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Need To Understand Three Things About Nutrition: 1.

The Main Purpose For Each Of The Three

Macronutrients: Protein, Carbohydrates, And Fat 2.

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Bodybuilding.comINCLINE-BENCH CABLE FLY. SETS

REPS. 3 10 10 12. PUSH-UP. SETS REPS. 3 TO FAILURE

\* Take An Extra 30 Seconds Of Rest After This Set To

Ensure Metabolic Recovery. † Perform 2-3 Forced Reps

At The End Of This Set With Assistance From A Spotter.

Do These Exercises Back . To Back Without Resting.

After Comple Feb 1th, 2024Fitness Schedule - Fitness

Forum - Fitness ForumBeast Spinning New Body Cardio

(30 Min) Spinning Zumba Gutts 'n Butts (30 Min) Fun

And Friendly Fitness Total Body Workout Zumba &

Drums TimeMondayTuesday Wednesday Thursday

Friday Yoga 11:15 Am Yoga 10:45 Am Yoga 11:15 Am

6:15 6:30 6:30 9:00 9:15 8:00 Yoga Yoga Tank Top

Arms (30 Min) 10:30 Am Rock Bottom (30 Min) Hot

Yoga Poolside Monday To ... Mar 1th, 2024Beyond

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Plan. The Following Plan Is Designed For A Person  
Weighing 140 Pounds. When Trying To Gain Lean  
Muscle During A Rigorous Exercise Program, A Good  
Rule Of Thumb Is To Shoot For An Intake Of About  
13-15 Calories Per Pound Of Bodyweight, So Adjust U  
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