

Workout #	Leg Press 3 x 12	Chest Press 3 x 12	T-Bar Rows 3 x 12	Barbell Curls 2 x 12	Standing Calves Raises 2 x 25
1	12 * 40 Kg				
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19					
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Workout #	Lying Leg Curls 3 x 12	Pulldowns 3 x 12	Shoulder Press Machine 3 x 12	Rope Press Downs 2 x 12	Cable Crunches 2 x 20
1	12 * 40 Kg				
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