

Workout #	DB Squats 3 x 12	DB Chest Press 3 x 12	DB Rows 3 x 12	DB Curls 2 x 12	DB Triceps Extensions	DB Calves Raises
1	12 * 2.5 Kg					
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
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