

| Workout # | DB Romanian Deadlifts 3 x 12 | DB One Arm Rows x 12 | DB Shoulder Press 3 x 12 | DB CGBP 2 x 12 | DB Concentration Curls 2 x 12 | DB Calves Raises 2 x 20 |
|-----------|------------------------------|----------------------|--------------------------|----------------|-------------------------------|-------------------------|
| 1 | 12 * 2.5 Kg | | | | | |
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