

FULL BODY WORKOUT



1 INCLINE SITUP



2 BENCH PRESS



3 KNEE CURL LAT PULL



4 BACK OF NECK PRESS



5 TRICEP PUSHDOWN



6 LEG PRESS

WEDNESDAY



7 ROMAN CHAIR SITUP



8 INCLINE BENCH PRESS



9 DORSAL BAR PULLDOWN



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13 VERTICAL SITUP



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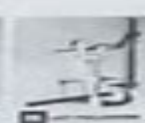


18 FRONTAL SQUAT

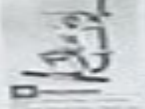
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web sprinkle a few drops of the hot sauce into each hole in a small bowl combine the pimentón salt essence and cayenne sprinkle the seasoning blend evenly over all sides of the roast and rub into the meat place the roast in the crock of a 6 quart slow cooker fat side up and pour the stock around the roast

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