

A muscular man with a beard and a blue headband is lying on a bench, performing a bench press. He is wearing a black t-shirt and black shorts with red trim. He is lifting a large black dumbbell with both hands. The background shows a gym with various exercise machines and equipment. The text "MAX EFFORT UPPER WORKOUT" is overlaid on the right side of the image in a bold, yellow, sans-serif font with a black outline.

# MAX EFFORT UPPER WORKOUT

# Max Workout Manual

**George Albert Wentworth**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## Max Workout Manual:

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