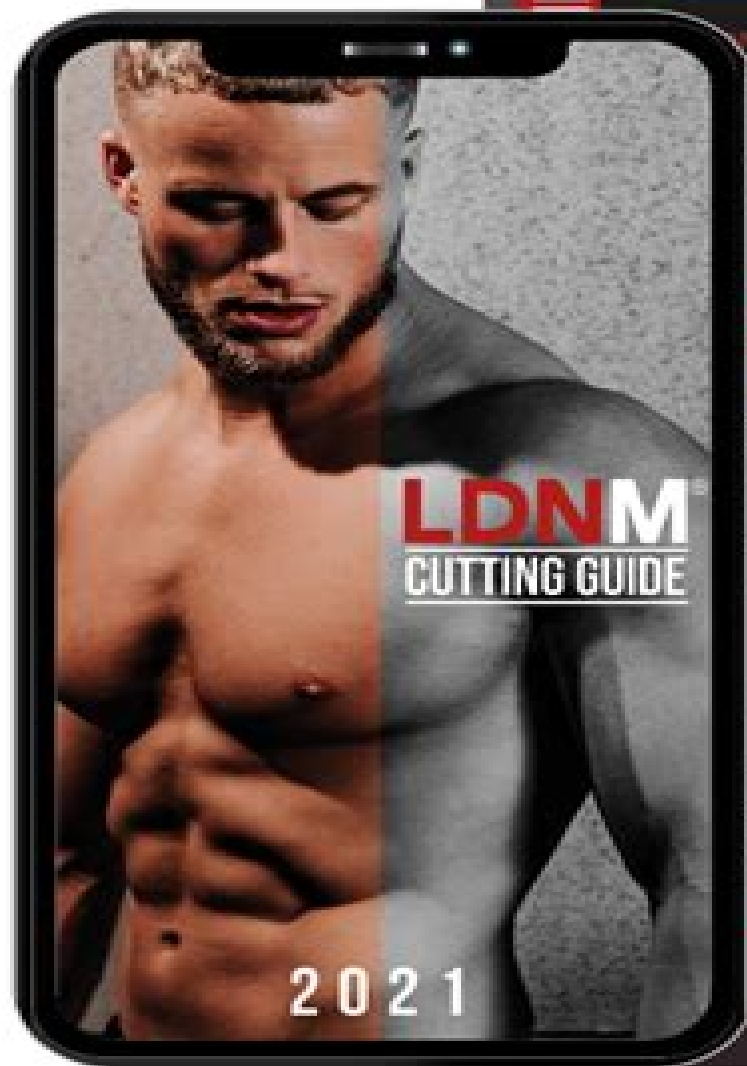




TRAIN

WEEK 1 & 7 - LOWER 1

FRONT SQUAT

Weeks 1 & 8: 8 Reps
Weeks 9 & 12: 12 Reps

Place your dumbbells by your sides, before
squatting and moving into a lunge position.

Lower back, driving back up to your start

Use one leg for specified reps then switch.



SET

VERSION

Weeks 1 & 8: 8 Reps
Weeks 9 & 12: 12 Reps

Use your wrists or shoulder width apart unless
you can comfortably achieve.

Push your quads at the peak, and control
descent of the lift.

Keep your feet, and back and shoulders against



STRAIGHT CUTO

Weeks 1 & 8: 8 Reps
Weeks 9 & 12: 12 Reps

Keep shoulders against the pads, keeping
your feet apart.

Push your quads at the peak, and control
descent of the lift.

Keep your feet, and back and shoulders against



Ldn Muscle Bulking Guide

Shasha Hu



Ldn Muscle Bulking Guide:

Whispering the Strategies of Language: An Mental Quest through **Ldn Muscle Bulking Guide**

In a digitally-driven earth where screens reign supreme and instant connection drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within phrases frequently get unheard. However, located within the pages of **Ldn Muscle Bulking Guide** a captivating literary value sporting with raw feelings, lies an extraordinary quest waiting to be undertaken. Composed by a skilled wordsmith, that marvelous opus invites visitors on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within ab muscles material of every word. Within the emotional depths with this touching evaluation, we shall embark upon a honest exploration of the book is core styles, dissect its charming writing type, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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