

A man with a beard and a blue headband is lying on a bench in a gym, performing a bench press. He is wearing a black t-shirt and black shorts with a red waistband. He is lifting a large black weight. The gym background is slightly blurred, showing various pieces of 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

SJ Ball



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