

Beadando

March 07 2024

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Home

LiftR: Step up your game with us!

Reviews from users

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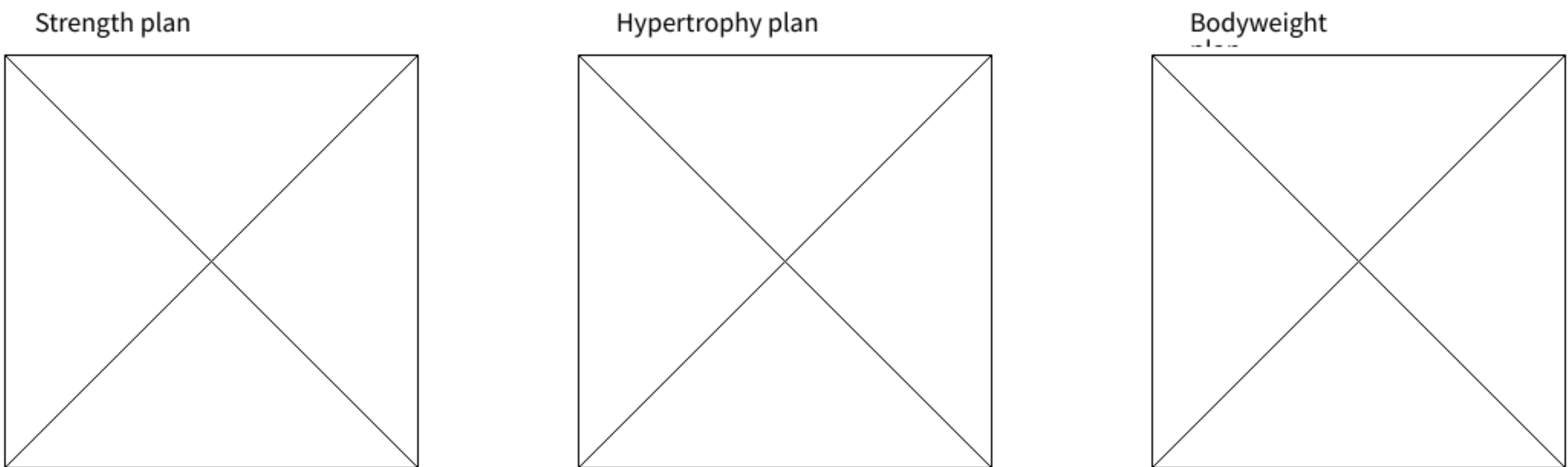
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LiftR Workout plans

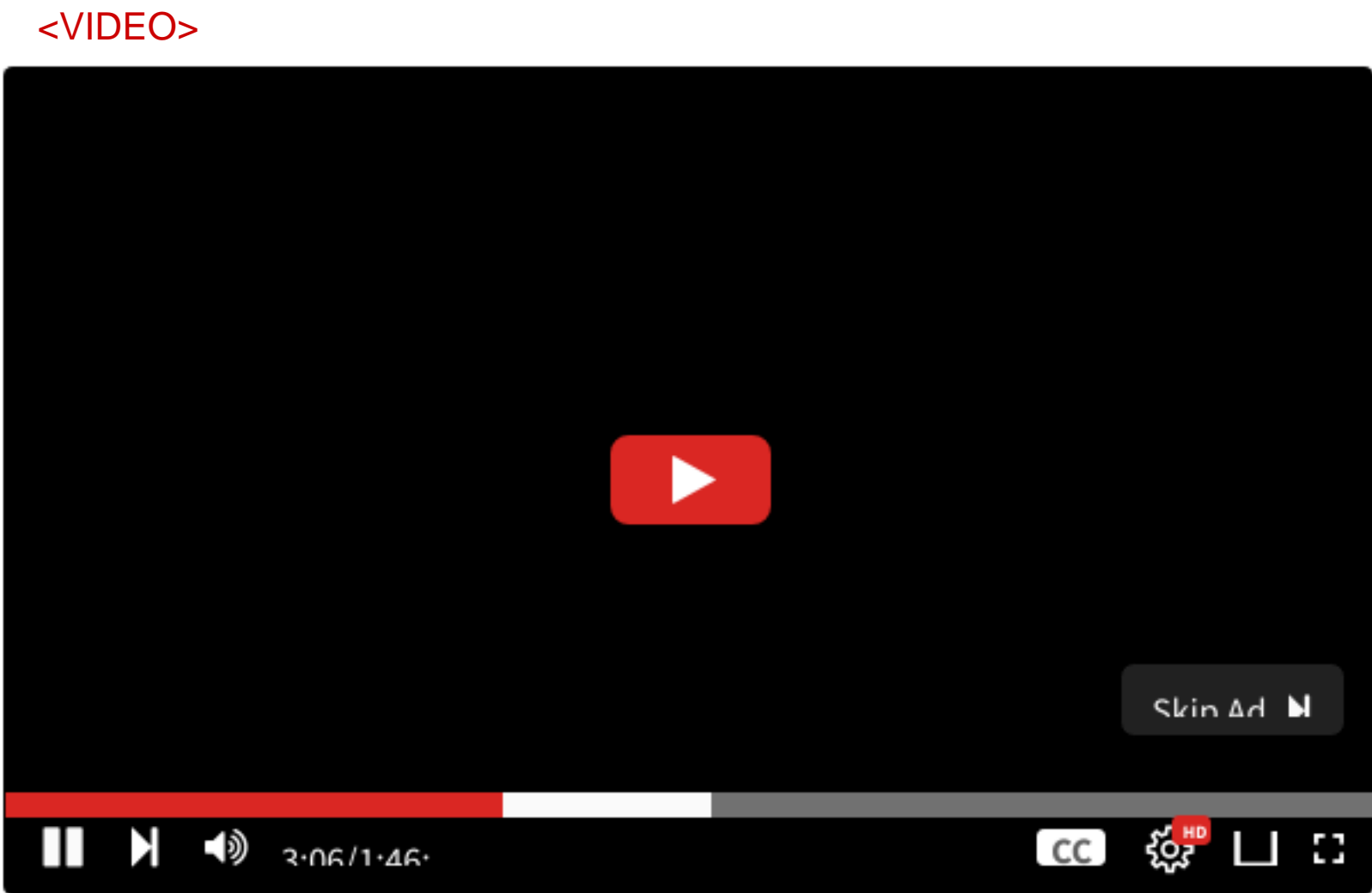
Guaranteed success!*



Example plan:

Hypertrophy plan	Target muscles	1. exercise	2. exercise	3. exercise	4. exercise	5. exercise	6. exercise	7. exercise
Day 1	Chest, Shoulders...	Smith Machine 30...	Shoulder press m...	Triceps Overhead ...	nisi ut	aliquip ex	ea commodo	consequat
Day 2	Back, Biceps	nisi ut aliquip	ex ea commodo	consequat	Duis aute	irure dolor	in reprehenderit	in voluptate
Day 3	Legs	velit	esse cillum	dolore eu	fugiat nulla	pariatur	Excepteur sint	occaecat
Day 4	Rest day	-	-	-	-	-	-	-

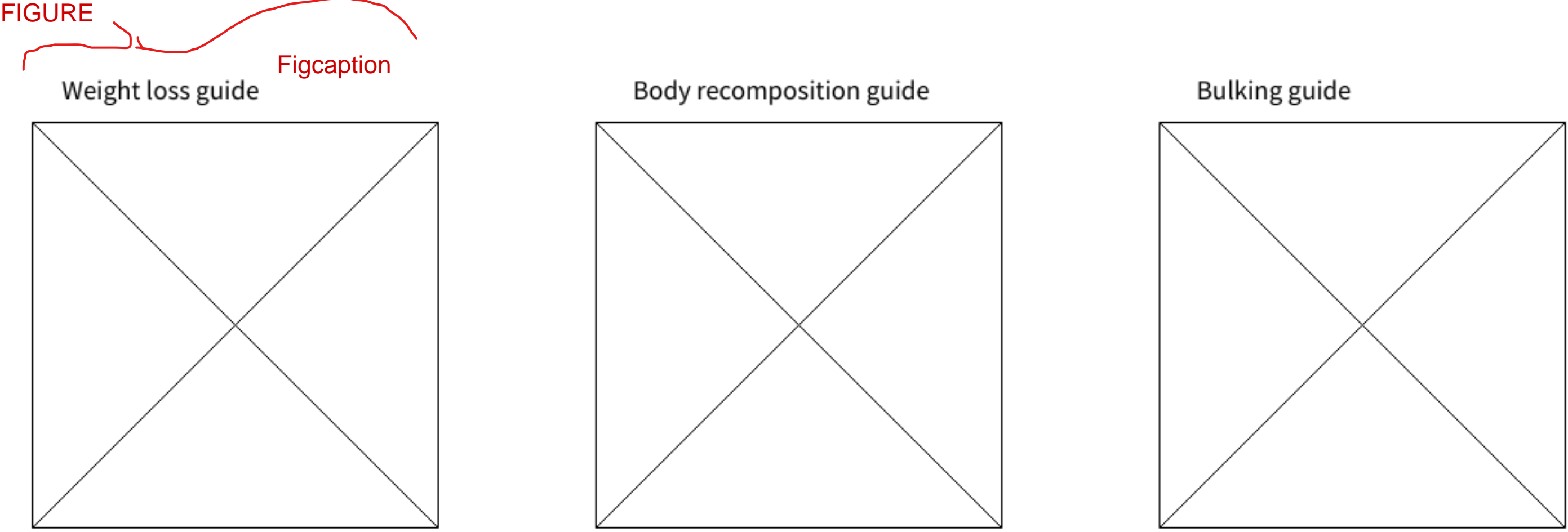
Example exercise video:



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LiftR Nutrition guides

Guaranteed success!*



Example guide:

Weight loss guide	Breakfast	Lunch	Mid-day snack	Dinner
Monday	lorem	ipsum	Lorem	ipsum
Tuesday	dolor	sit amet	consectetur	adipiscing
Wednesday	elit	sed do	eiusmod	tempor
Thursday	incididunt ut	labore et	dolore magna	aliqua
Friday	Ut enim	ad minim	veniam	quis
Saturday	nostrud	exercitation	ullamco	laboris
Sunday	nisi ut aliquip	ex ea commodo	consequat	Duis aute

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Feel free to contact us!

Tell us your name:

Your email address:

Write your message here:

Your message

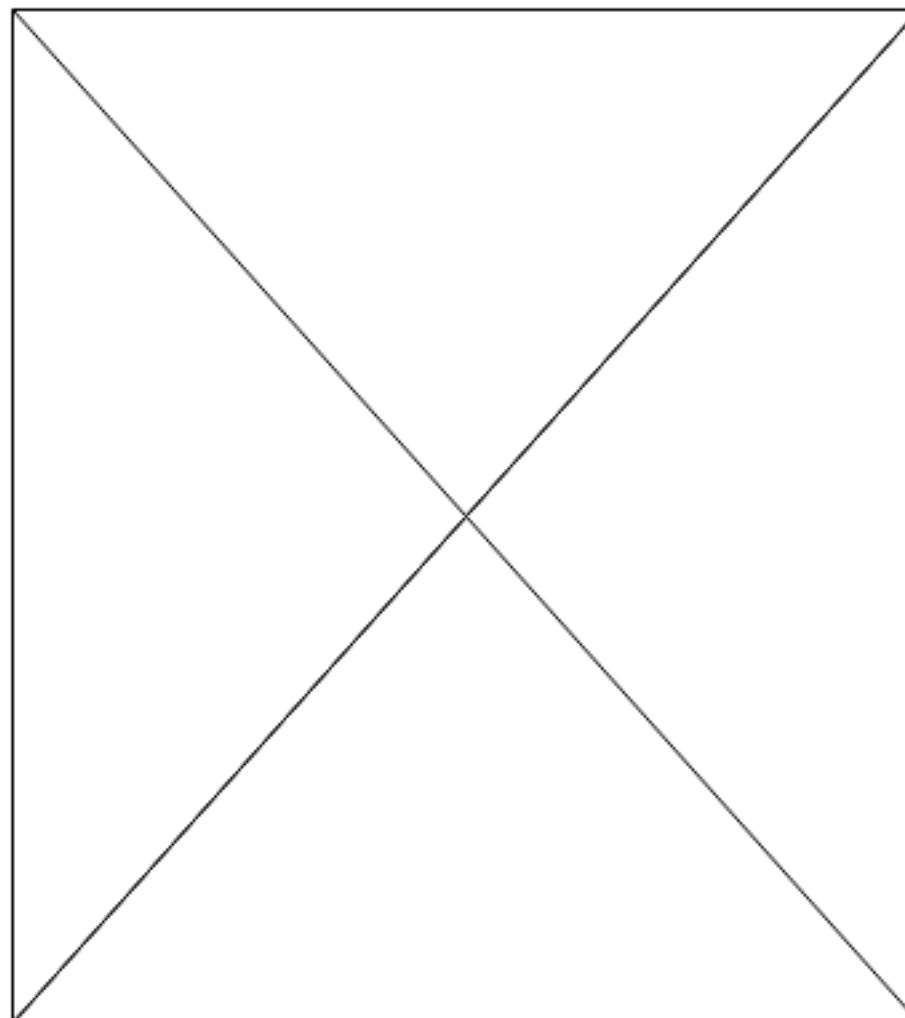
- ☒ Report problem
- ☐ State a question
- ☐ Request assistance
- ☐ Other

☒ I want to receive emails about new features, plans, etc.

Submit

Reset form

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