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Hanging Crunch	Cable Tricep	Cable Bicep	DB Rows	Front Raises		OH Press				SL Leg Press			Day 3/	Hanging Crunch	Cable Tricep	Cable Bicep	DB Rows	Front Raises		OH Press				SL Leg Press			Day 3/
4\15	3\8	3\8	3\8	3\8	4	0 4	2 7.	3ea	3ea	4ea	4ea	8ea		4\15	3\8	3\8	3\8	3\8	4	0 4	o 12	3ea	3ea	4ea	4ea	8ea	
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	Cable Tricep	Cable Bicep	DB R	Front Raises	4		î	3ea		SL Leg Press	4ea	8ea	Day 3/	1	_	Cable Bicep		Front Raises	4		12	3ea	3ea		4ea	8ea	Day 3/
Hanging Crunch	Cable Tricep	Cable Bicep	DB Rows	Front Raises	4	OH Press	72	3ea		SL Leg Press	4ea		Day 3/#	Hanging Crunch	Cable Tricep	Cable Bicep	DB Rows	Front Raises	4	OH Press	12	3ea	3ea	SL Leg Press	4ea		Day 3/ #