<!DOCTYPE html>

<html>

<head>

<link

</title>

</head>

<body>

</font>

<h1><font color="red">Grayson's Free Online Guide</h1>

<font color= "blue"><table border=1>

<tr>

<font color= "black"><th>Days</th><th>Monday</th><th>Tuesday</th><th>Wednesday</th>

<th>Thursday</th><th>Friday</th><th>Saturday</th><th>Sunday</th>

</tr>

</tr>

<td> Workout </td><td>Chest and triceps</td><td>Back and biceps</td><td>shoulders and arms</td><td>Legs and calves</td><td>Rest day</td><td>Mobility day</td><td>Legs</td>

</tr>

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<img src="gym .jpg" class="w3-round-small" alt="gym" height="423" width="577"/>

<br>

<p>Always stretch before training. That is why we have Mobility day!</p>

<a

href="https://examine.com/">Go to Examine.com for scientific research for nutrition and supplements.

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