




EDIT

**Richard Jones**  
Male, 28 years

HEIGHT  
**185** cm

WEIGHT  
**176** kg

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CONGRATULATIONS!

You have unlocked the  
'Expert' level.



 CHANGE EXERCISES



**10 Exercises**  
1 hour 50 minutes



**Exercise one**  
10 reps, 3 sets



**Exercise two**  
10 reps, 3 sets



**Exercise three**  
10 reps, 3 sets



**Exercise four**

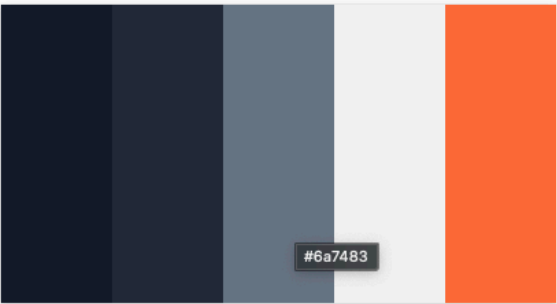


**Exercise five**



**Exercise six**

Strong Color Palette








 gleb\_a

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Colors in Palette

Color	Hex	RGB
	#161d28	(22,29,40)
	#232c3b	(35,44,59)
	#6a7483	(106,116,131)
	#f0f0f0	(240,240,240)
	#ff6c3a	(255,108,58)

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