



## Become stronger with our workout plans

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Monday, July 12, 2021

# Keep Crush it, Metal 🔥

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## RECOMMENDED WORKOUTS



### Upper Body Attack

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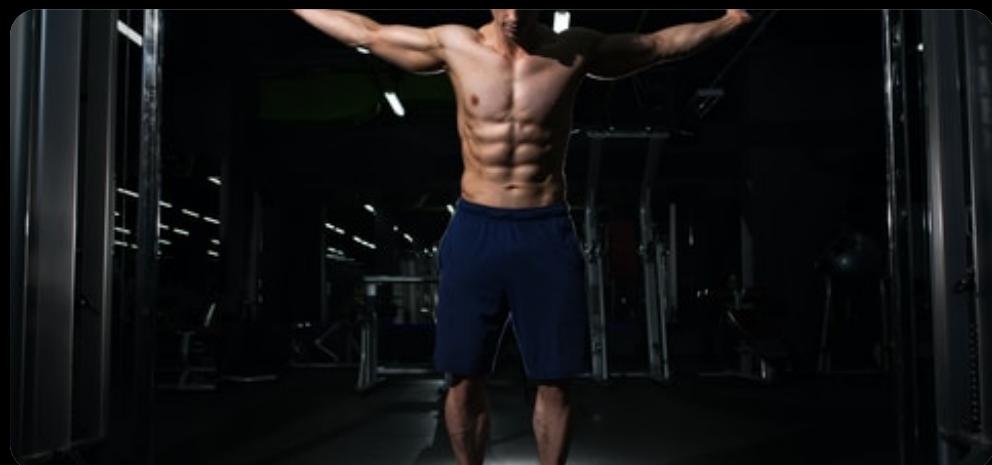


### Strong Leg For You

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### Strong Leg For You

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# Upper Body Attack

🔥 Hard

⌚ 45 min

**Begin Workout**

## OVERVIEW

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## EXERCISE LIST



### Stretching

45 min



### Overhead Press

45 min



### Upper body Attack

45 min