



# MuscleForEveryone V.2

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Other

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<https://protocols.io/view/muscleforeveryone-bquemwte>  
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## PROTOCOL INTEGER ID

45670

1 We look at "muscle for every one"  
<https://www.nhk.jp/p/kinnikutaisou/>

2 Our muscles require training!  
Push Up!  
Squat!  
Superman!  
Crunch!

3 Go Hard! or Go More Hard!

4 Muscle Never Lie!

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