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#	Exercise	#	Reps	#	Rig	#	Duration	#	Wks
	Padel		1				120		
	Padel		1				120		
	Hiptrust ...		12						
	Gloves M...		8		20				
	Row Dumb...		10		20				
	Sleeves Curl		10		12.5				
	Triceps D...		14		6				
	Padel		1				120		
	Sobel		10		2.5				
	Back Exer...		12						
	Neck		12		2.5				
	Stable Sp...		12						
	ARM Back ...		8						
	Sprung Bar		8		50				
	Facepull		12		12.5				
	Bench Inc...		8		14				
	Reverse F...		8		2				
	Padel		1				120		

Figure 1

■ Types

Abstract

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 D.	 Exercise	# Rep	# Reps	# Sets	Total Re...
	Hiptrust Band		12	3	36
	Gloves Medu...	20	8	3	24
	Row Dumbell	20	10	5	50
	Biceps Curl	12.5	10	5	50
	Triceps Dums...	8	14	5	70

Figure 1

1000

280

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