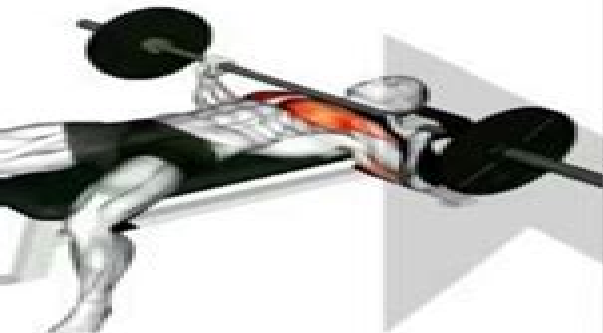


Chest workout



4 x 10 Reps



3 x 12 Reps

WISHING YOU A



3 x 12 Reps



3 x 15 Reps



@MuscleMorph

3 x 10 Reps



3 x Until Failure



Best Chest Workout Guide

Hussin A.Rothana

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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