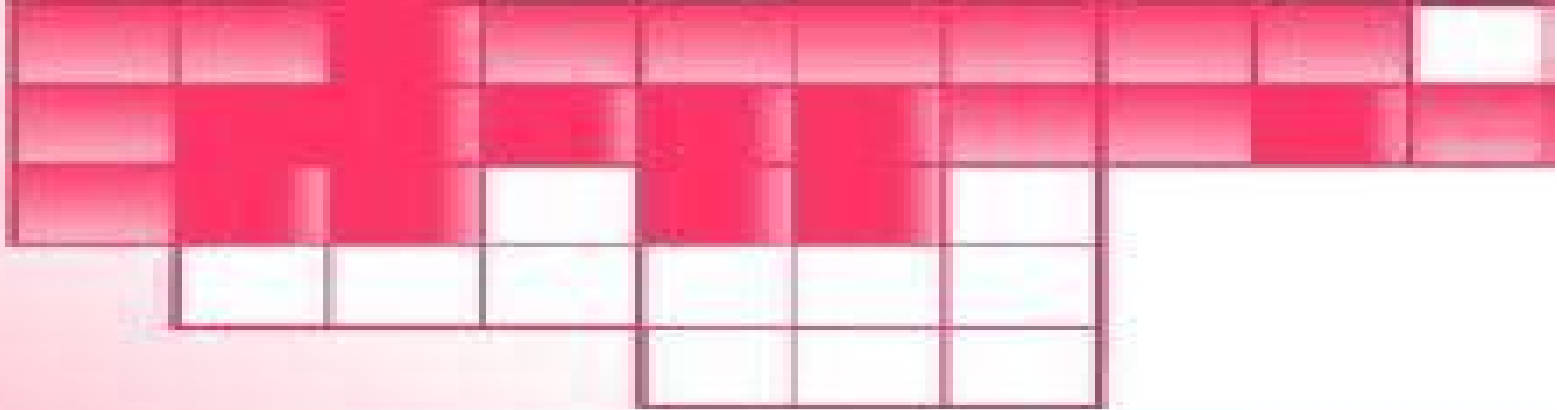
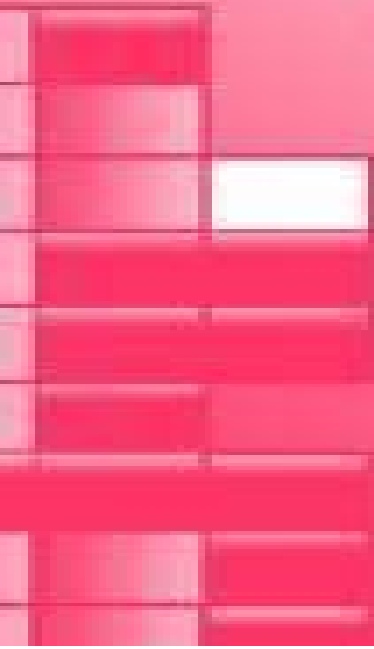
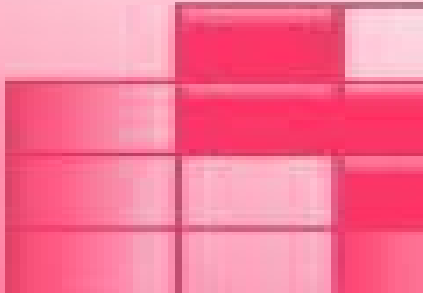




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web jul 8 2021 this usually takes 90 120 seconds though larger body parts like legs and back may take longer and smaller muscle groups like arms and calves may take less a good measure when you catch your breath and feel ready to go start a new set 8 get at least 48 hours rest between workouts

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