

# Monday



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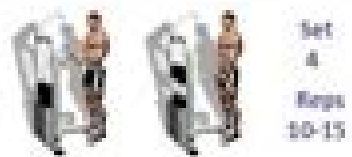
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# Wednesday



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# Thursday



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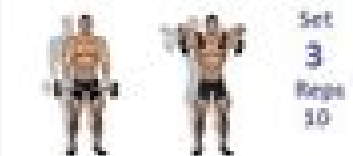
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# Friday



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# Bodybuilding Exercises Manual

**Fred Stellabotte ,Rachel Straub**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the authors' names.

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