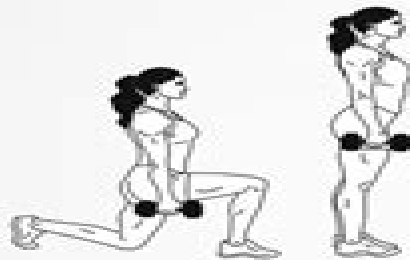


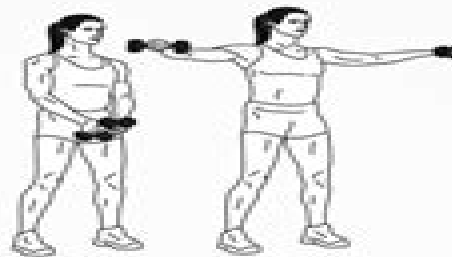
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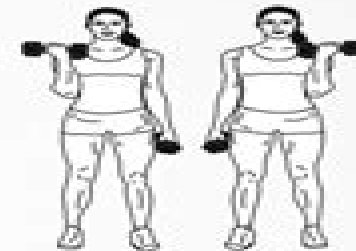
30 seconds rest between exercises



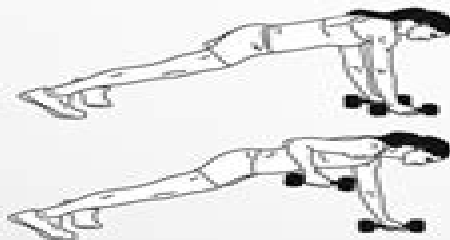
16 reverse lunges
5 sets | 30 seconds rest



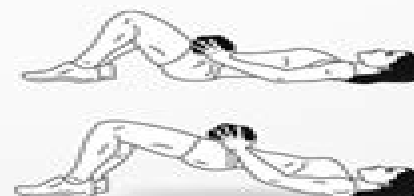
6 lateral raises
5 sets | 30 seconds rest



16 bicep curls
5 sets | 30 seconds rest



16 renegade rows
5 sets | 30 seconds rest



16 bridges
5 sets | 30 seconds rest

Apex Axpwr7 Workout Manual

Nick Hutchings

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