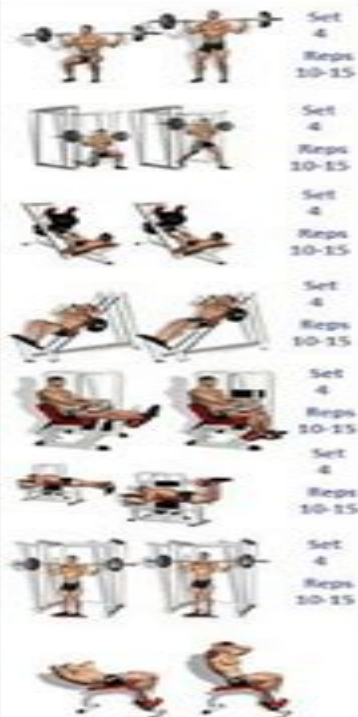


# THE PERFECT BEGINNER'S BODYBUILDING PROGRAM

## Monday



## Tuesday



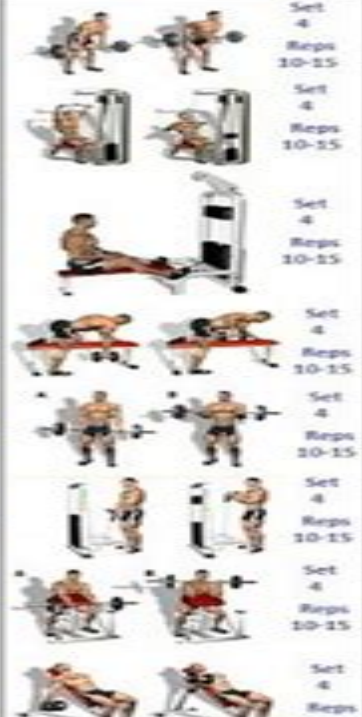
## Wednesday



## Thursday



## Friday



# Bodybuilding Beginners Build Muscle Workout

**CO Houle**



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