

WORKOUT



CHEST/TRICEPS

LIGHT DAY

EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Pushup	2	8	9	10	11	12
Cable Crossover <small>(SUPPORTED BY WORK)</small>	3	8	9	10	11	12
Bench Press	3	8	9	10	11	12
Incline Dumbbell Flye <small>(SUPPORTED BY WORK)</small>	3	8	9	10	11	12
Incline Dumbbell Bench Press	3	8	9	10	11	12
French Press	3	8	9	10	11	12
Rope Pushdown <small>(SUPPORTED BY WORK)</small>	3	8	9	10	11	12
Dumbbell Overhead Extension	3	8	9	10	11	12
Dumbbell Kickback	3	8	9	10	11	12

HEAVY DAY

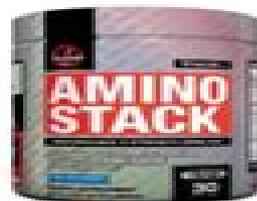
EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Pushup	2	4	5	6	7	8
Flat Dumbbell Bench Press	5	4	5	6	7	8
Incline Dumbbell Bench Press	5	4	5	6	7	8
Close-grip Bench Press	5	4	5	6	7	8
Incline French Press	5	4	5	6	7	8



DUMBBELL ROW
Row the weight toward your hip. This helps engage the lower portion of your lats, an area not targeted when you row toward your shoulder.

AMINOS

The fastest, most efficient way to refuel your muscles and stop catabolism in the post-workout window is with the BCAAs leucine, isoleucine, and valine. These three powders all offer something different.



AMINO STACK
In addition to BCAAs, contains glutamine and essential amino acids.



AMINO PUMP
Contains leucine plus 3g creatine to support growth.



BEST BCAA
Bucks convention by bonding leucine, isoleucine, and valine.



Kinobody Workout

Rachel S Tattersall



Kinobody Workout :

The Enigmatic Realm of **Kinobody Workout** : Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Kinobody Workout** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect on the hearts and minds of those who partake in its reading experience.

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