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Chest + Back & X2 Ab Ripper Day 2 - Vertical Plyo &
Relief Day 3 - X2 Shoulders + Arms & X2 Ab Ripper
Day 4 - X2 Yoga Day 5 - X2 Base + Back & Relief Day 6
- Speed & Agility - Relief Day 7 - Rest Day Day 8 - X2 V
Scu Jan 3th, 2024.

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Day!4! Day!5!! Day!6! Day!7! Strength / Pure Cardio
Max Interval Plyo Max Interval Circuit Speed & Agility /
Cardio Abs Vertical Plyo Rest Day Gamed Day /
Overtime Day 8 Day 9 Day 10 Day 11 Day 12 Day 13
Day 14 Strength / Pure Feb 4th, 2024Insanity Asylum
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1 SPEED & AGILITY 2 STRENGTH 3 BACK TO CORE 4 VERTICAL PLYO 5 REST DAY 6 VERTICAL PLYO 7 STRENGTH 8 RELIEF 9 GAME DAY OVERTIME 10 VERTICAL PLYO 11 SPEED & AGILITY ... INSANITY: THE ASYLUM Is An Extreme And Physically Demanding Workout. This Is NOT For Beginners Or Individuals With Any Medical May 1th, 2024.

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K(A) VRV II: RX-M Dòng VRV IV Q 4.0 3.0 5.0 2.0 1.0

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16 HP 18 HP 20 HP Tăng 81% (So Với Model 8 HP Của

VRV K(A)) 4.41 4.32 4.07 3.80 3.74 3.46 3.25 3.11

2.5HP×4 Bộ 4.0HP×4 Bộ Trước Khi Thay Thế 10HP Sau

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