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with feet shoulder width apart arms straight and relaxed by your sides and knees

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15 clean and jerks 14 lb ball 105 lb barbell 20 lb ball 155 lb barbell beginner option find a partner and complete as many reps as possible in 1 minute switching every minute until you complete 100 wall balls 30 ring rows jumping dip 30 clean and jerks 6 lb ball 45 lb barbell 10 lb ball 55 lb barbell saturday 230128

**the complete 4 week beginner s workout muscle fitness** Feb 18 2022 in the third week of the program we step it up to a three day training split train all pushing bodyparts chest shoulders triceps on day 1 hit the pulling bodyparts back biceps and abs on day 2 and work your lower body quads glutes hamstrings calves on day 3 as in week 2 you train each bodypart twice a week so you

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with just your bodyweight and should be incorporated into your training plan 2 3 times per week

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