

BUNS AND GUNS WORKOUT

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1



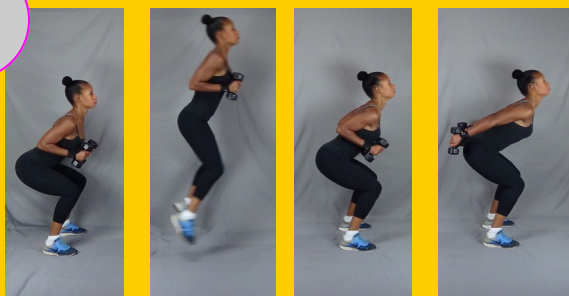
20 SQUAT W/BICEP CURL X 3

2



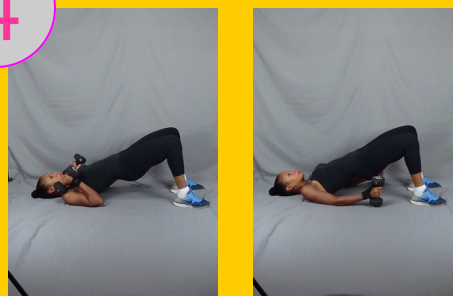
10 FWD LUNGE W/PRESS UP X 3

3



10 FROG JUMPS W/TRICEP KICK BACKS X 3

4



20 BRIDGE W/HAMMER CURLS X 3

5



20 SIDE TO SIDE SQUAT JACKS X 3

6



20 DEAD LIFT TO ROW X 3

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