

ECTOMORPH 4.5 MIN HOME WORKOUT

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Normal Pushups
2 sets of 6-8 reps
3rd set until failure



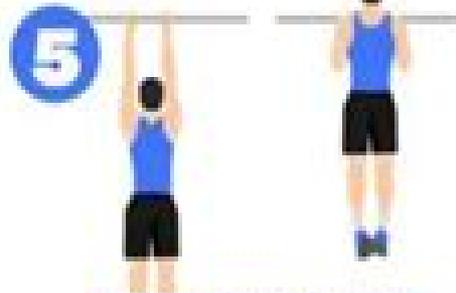
Wide Grip Pushups
2 sets of 6-8 reps
3rd set until failure



Diamond Pushups
2 sets of 6-8 reps
3rd set until failure



Pull-ups
2 sets of 6-8 reps
3rd set until failure



Narrow Grip Pull-ups
2 sets of 6-8 reps
3rd set until failure



Neutral Grip Pull-ups
2 sets of 6-8 reps
3rd set until failure



Prisoner Squats
2 sets of 6-8 reps
3rd set until failure



Bulgarian Split Squats
2 sets of 6-8 reps
3rd set until failure



Box Jump Squats
2 sets of 6-8 reps
3rd set until failure

Trending Home Workout Step Plan For Experts 15599

Xiaolong Qi



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