



Fat loss



30 sec per set



30 sec per set



30 sec per set



Arm



15 reps per set



15 reps per set



15 reps per set

Home Full Body Workout



Shoulders



20 reps per set



20 reps per set



20 reps per set



pectorialis



20 reps per set



20 reps per set



20 reps per set



Abs



20 reps per set



20 reps per set



20 reps per set



Leg



15 reps per set



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