



Arnold



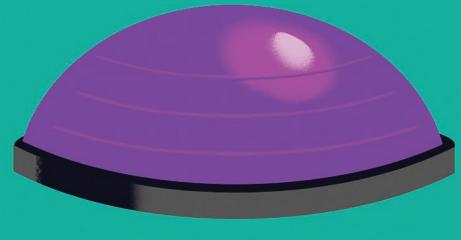
snatch



leg day



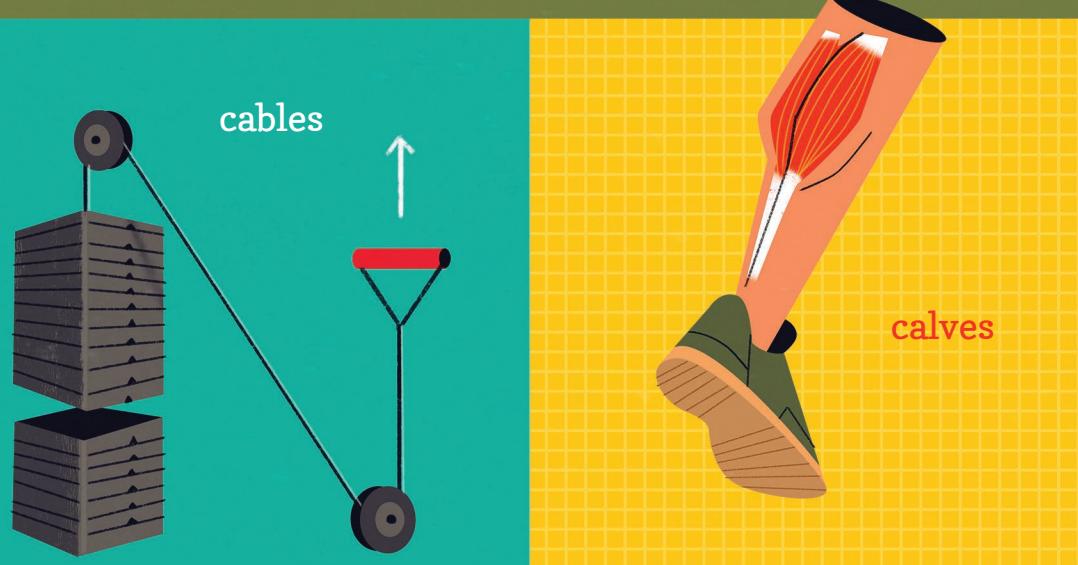
triceps



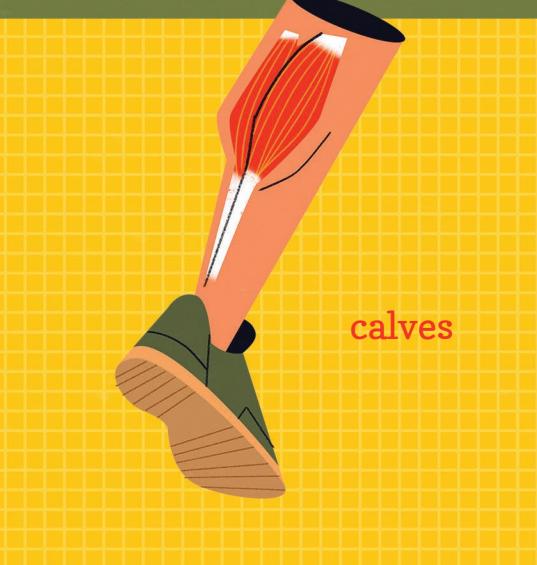
bosu



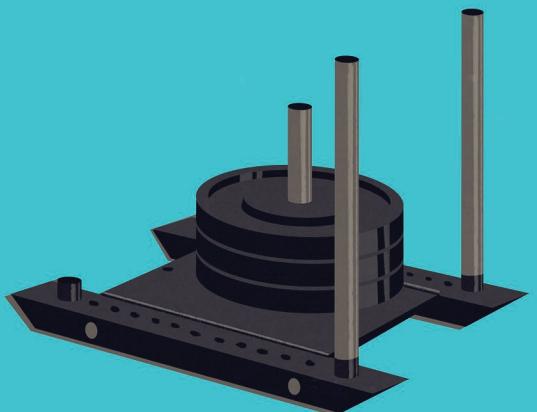
shaker bottle



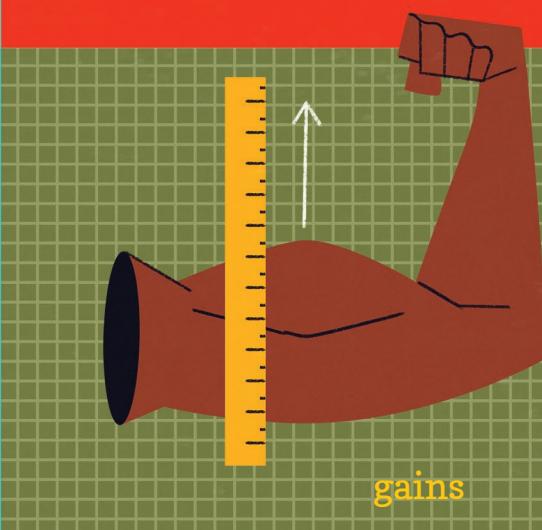
cables



calves



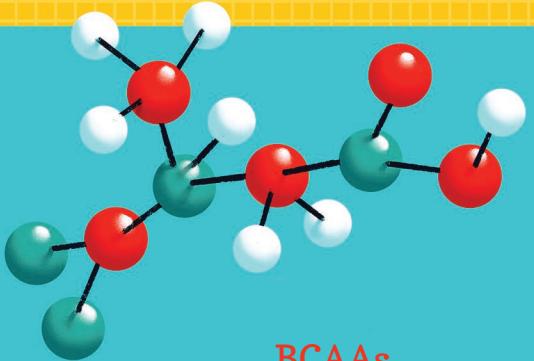
sled



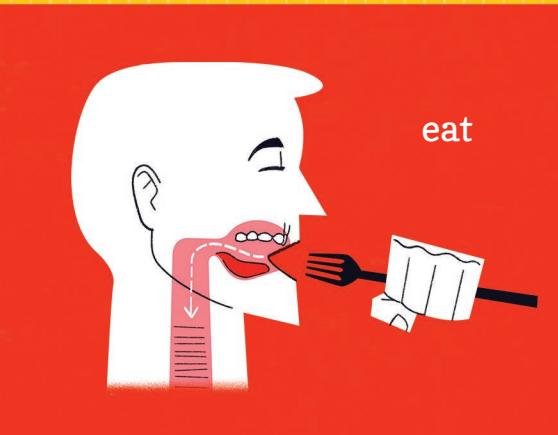
gains



jump



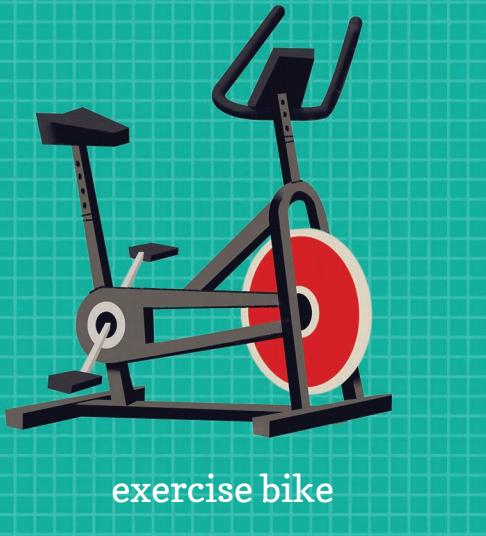
BCAAs



eat



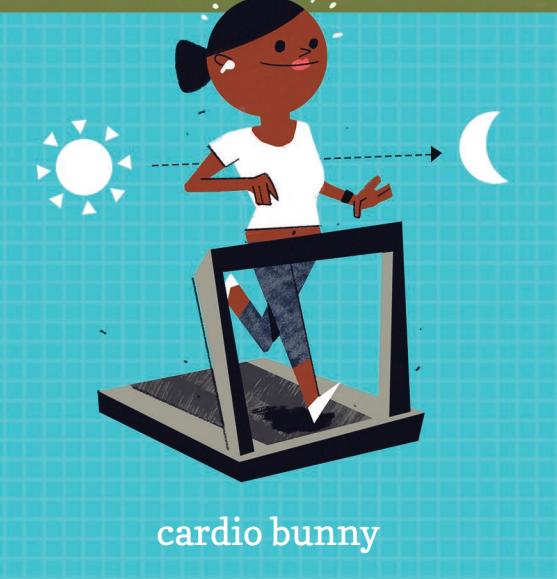
jump rope



exercise bike



Chyna



cardio bunny



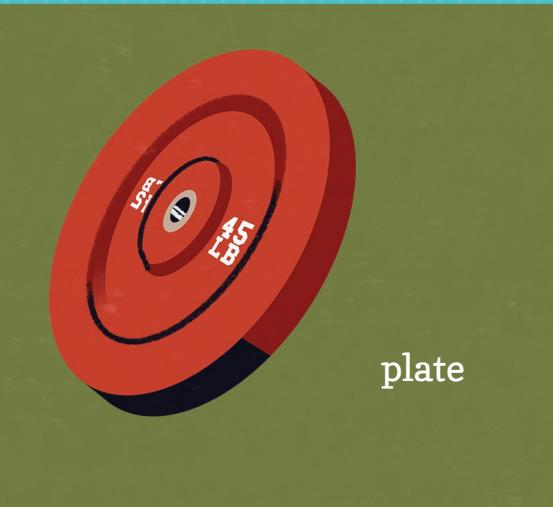
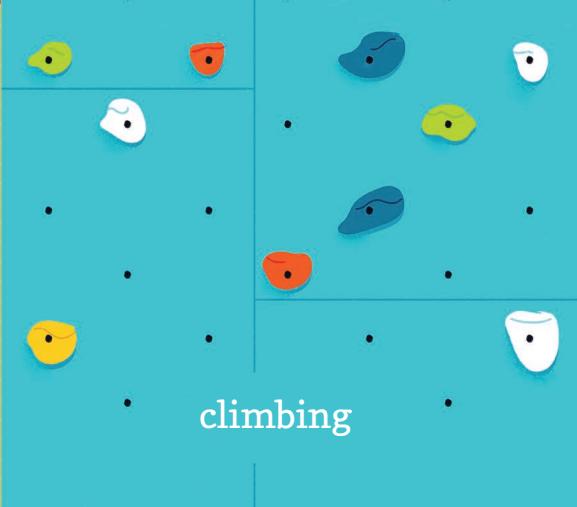
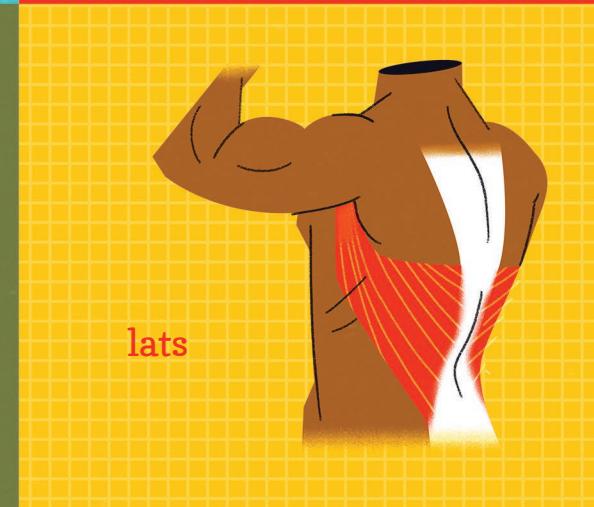
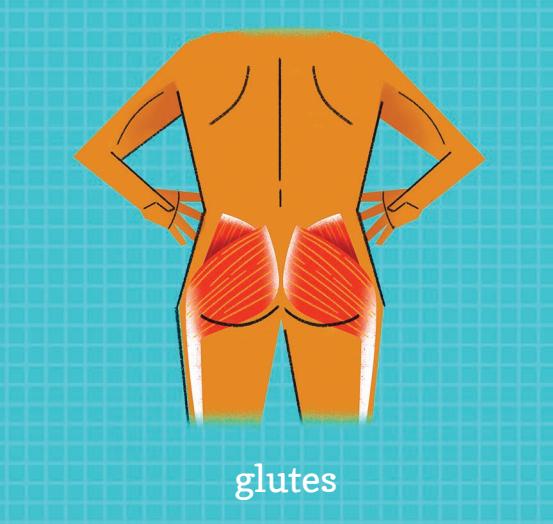
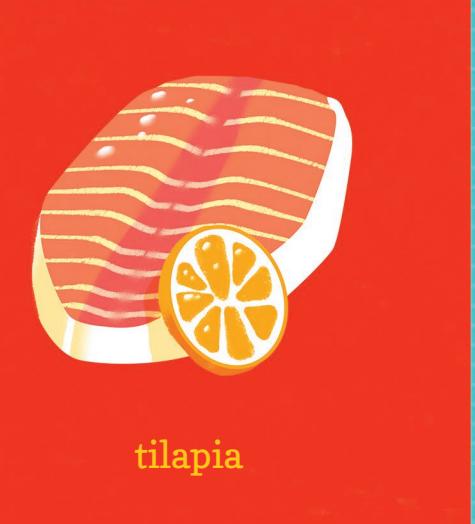
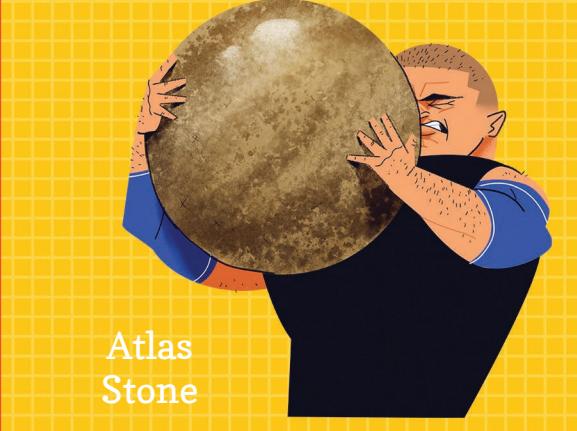
DOMs



medicine ball



grip





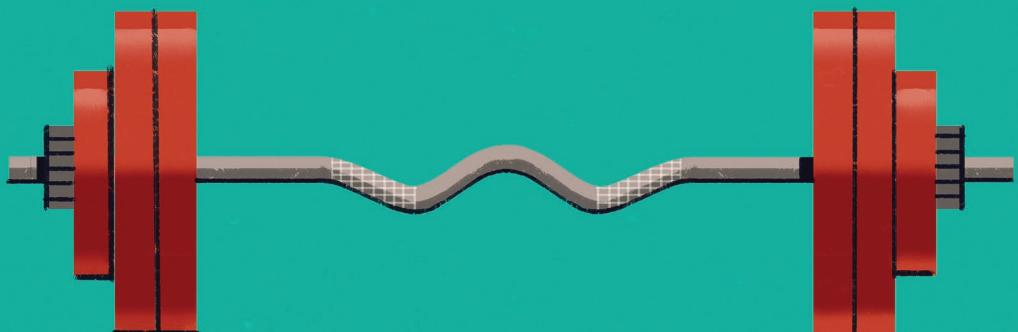
deltoids



Louis Cyr



motivation



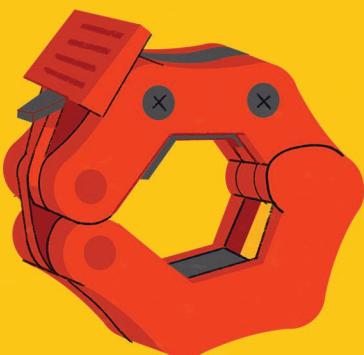
barbell



kettle bell



box jump



collar



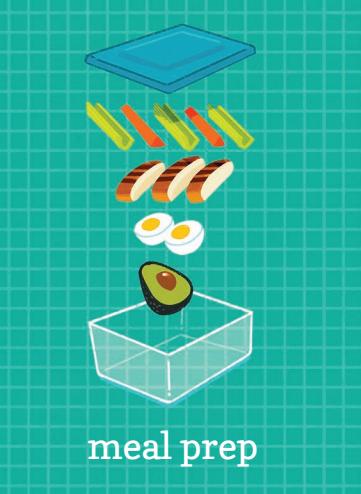
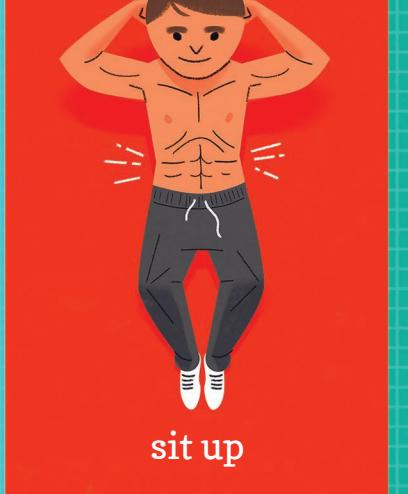
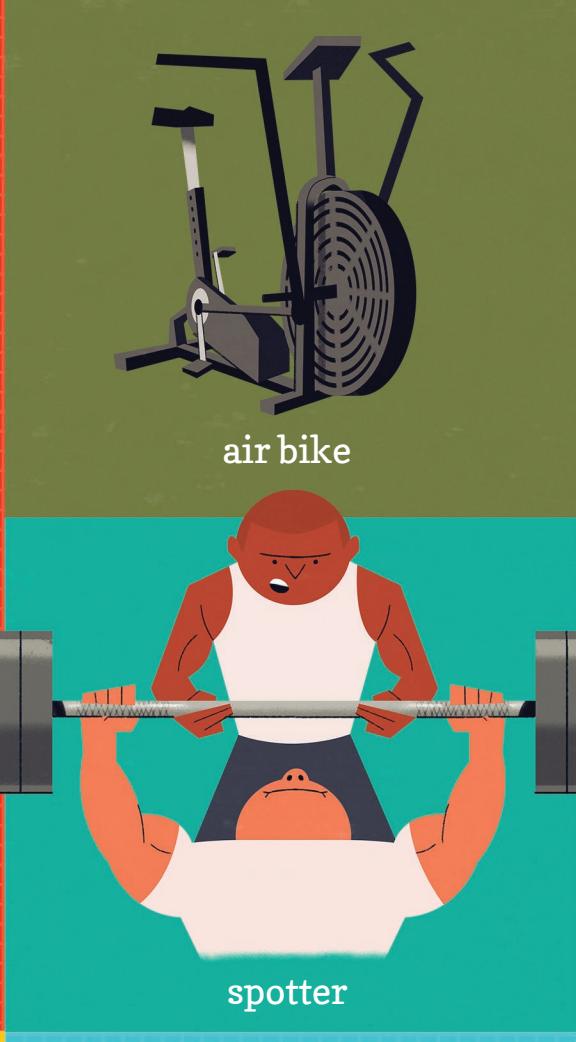
deadlift



aerobic

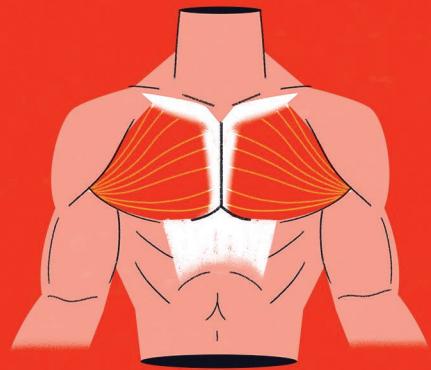


stability ball



Nutrition Facts	
Calories	160
Total Fat	10g
Saturated Fat	4g
Cholesterol	150mg
Sodium	300mg
Total Carbohydrate	25g
Dietary Fiber	5g
Sugars	10g
Protein	15g
Percent Daily Value	
Based on a 2000 calorie diet.	

nutrition



pectorals



squat



bicep



heavy bag



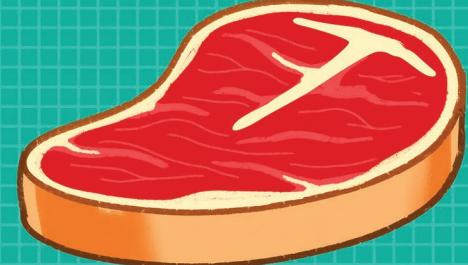
cycle



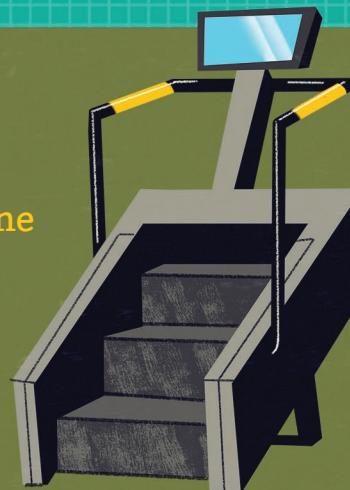
rower



active wear



protein



stair  
machine



Richard Simmons



gym bros



Kayla Itsines



carbohydrates



yoga



forearms



spray tan



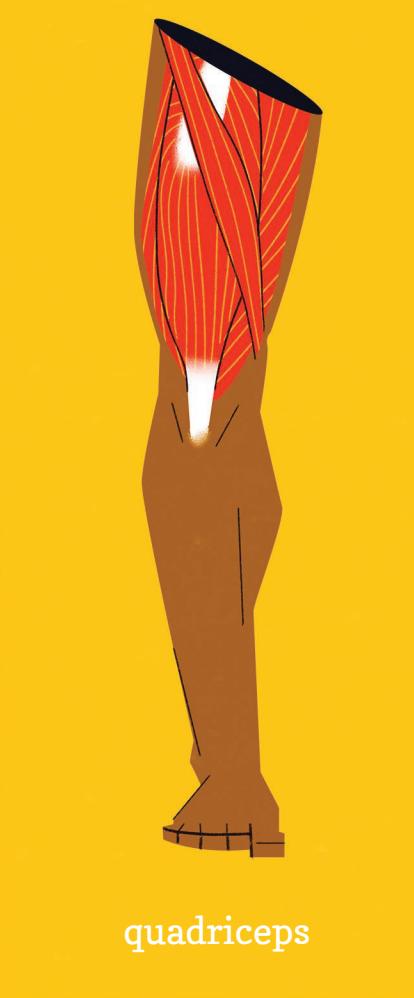
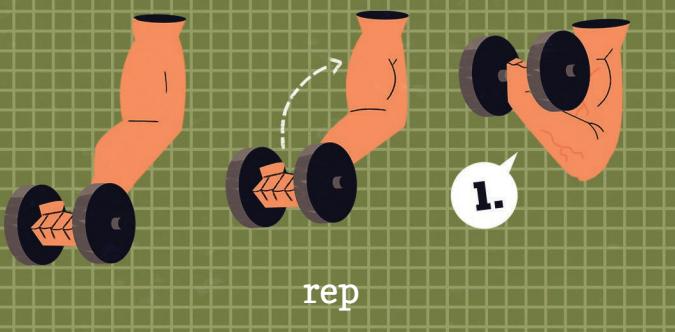
swimming



treadmill

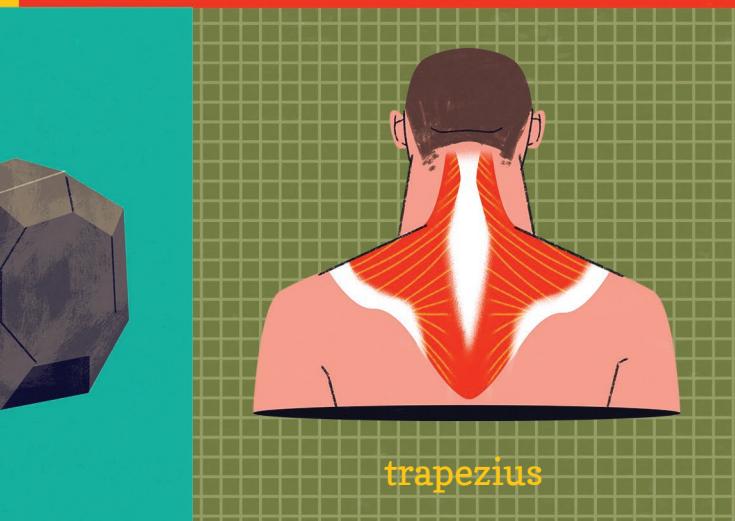
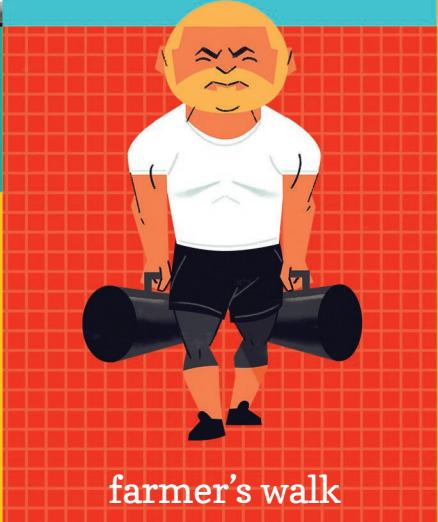
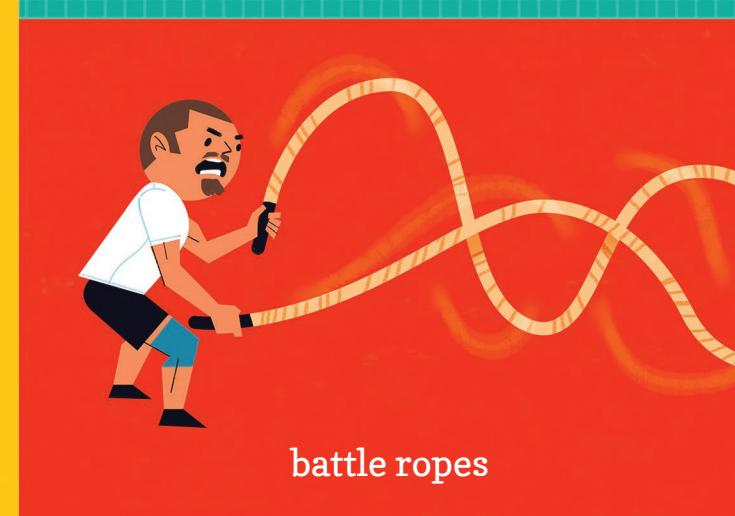


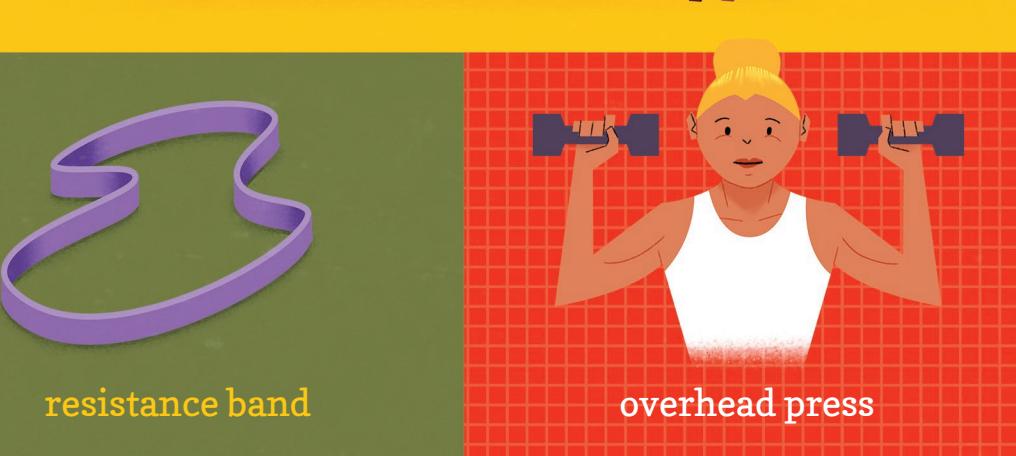
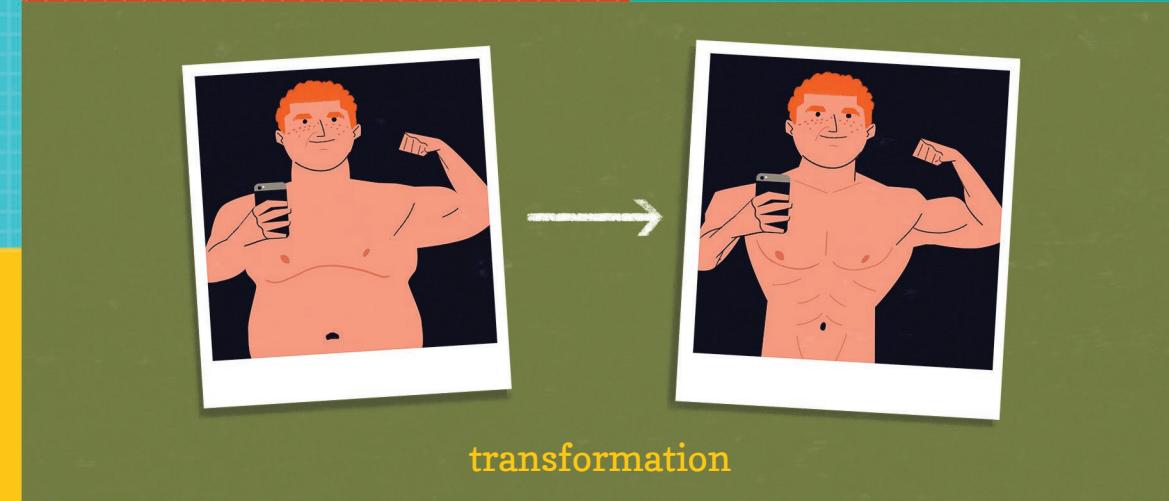
protein powder



5 <b>B</b> BORON 10.811	+3	29 <b>Cu</b> COPPER 63.546	+2	30 <b>Zn</b> ZINC 65.38	+2	25 <b>Mn</b> MANGANESE 54.938
26 <b>Fe</b> IRON 55.845	+6,+3,+2	42 <b>Mo</b> MOLYBDENUM 95.95	+6,+4	17 <b>Cl</b> CHLORINE 35.453	+7,+5,+3 +1,-1	

micronutrients





overhead press



