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6 MINUTE ARM ACCENTUATOR EBOOKS 2019



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Release Date: Expected @@expectedReleaseDate@@

This Workout Series Is An Enhanced Video eBook /u003eu003cbr /u003e

6 Minute Arm Accentuator is a 10-week, entire arm workout that works your biceps, forearms, and triceps. These arm exercises require dumbbells to challenge your arms and a bench or chair. /u003eu003cbr /u003e

This workout program can be used on it's own or combine it as a finisher workout to any of your resistance or cardio training. /u003eu003cbr /u003e

This book was engineered to be a fast read and no fluff added so you can start your workouts immediately. This book contains 10 follow along workout videos. /u003eu003cbr /u003e

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