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Training Tip: Donâ€™t Forget Legs And Feel Free To Add Variety . If Doing This Routine 3 Times A Week (or More) Gets A Little Too Boring And You Want To Do Something Else, Just Pick One Of The 14 Bar Brother Beginner Routines Or Plans To Add To The Fun And Intensity.. Just Keep In Mind That You Want To Hit All The 5 Major Muscle Groups In A Balanced Way As Much As Possible. Feb 11th, 2019

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