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Athlean Xero...worth it?? - Bodybuilding.com Forums

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Athlean X Xero Reviewed: What's Great, Good, and Bad ...

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This month long home workout routine is made up of two complete workouts that will be alternated. Workout A will be performed on Monday and Friday of Week 1, and Workout B will be performed on Wednesday. In Week 2, you'll perform Workout B on Monday and Friday, with Workout A slotted in for Wednesday.

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