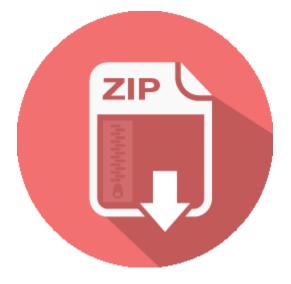
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then I m going to help you create the workout routine that is custom tailored for reaching that goal as quickly and effectively as possible. That means that the workouts you design, the exercises you select, the training split and schedule you set up, the weight training (or cardio) volume, frequency and intensity you plan to use, and more.

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