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Denotes a set for as many reps as possible on the last set. For example if a workout has Squat+ and 4 sets of 5, that means that on the first 3 sets you

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Hallo! Ich h tte ma eine Frage,was bedeutet das immer wenn der Muskel immer so zuckt? Ist das schlimm? lexi

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Ok ive been startin this diet and i just want to no if this work at all cause i wanna lose pounds.. i wake up in the morning have a cup of

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