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Biceps: concentration curls □ 3 sets of 10□12 reps. Triceps: dumbbell kickbacks □ 3 sets of 8□10 reps per arm. Abs: planks □ 3 sets of 30-second holds. Summary. This home workout routine ...

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frequency than advanced lifters. 2. Your Goals. Are you trying to establish a baseline of fitness, maintain your shape, or pursue larger-scale physique changes? 3. Your Availability

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The Ultimate Guide to Strength Training for Runners. 1.

Plank. Works: core, lower back, shoulders Julia Hembree

Smith. Start on all fours. Lower onto your forearms with

shoulders directly over elbows. 2. Russian Twist. 3. Scorpion.

4. Back Extension. 5. Squat to Overhead Press.

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