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Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 12 Weeks
Days Per Week: 4 Days
Time Per Workout: 30-45 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Kettle Bells
Author: Max Riley.
Created Date: 1th, 2024
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Editor, The Harvard Crimson, January, 1969 To ... 1th, 20245 6 3 4 1 2 - Jay Jay FrenchKing And Clapton, So I Was Hell-bent On Replicating That Sound. I Read Everything On Gibson Guitars And Marshall Ampli-fiers. I Also Realized That All This Stuff Was Far Beyond My Financial Reach. In The Spring Of 1968, However, I Had Enough Money To Buy A Gibson SG Special And An Ampeg V-4 Stack. The Guitar Was \$242 And The Amp Was \$600. 1th, 2024.

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