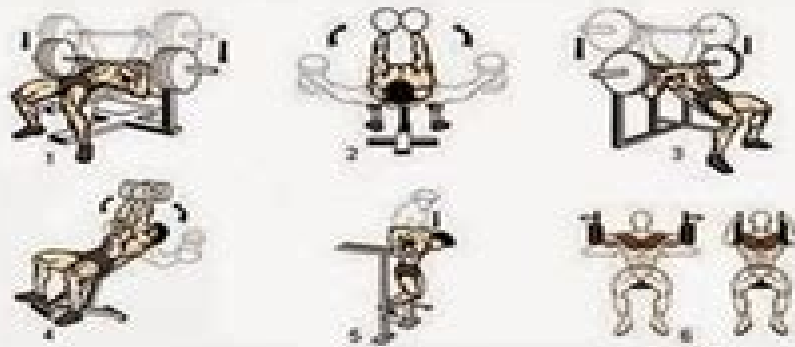


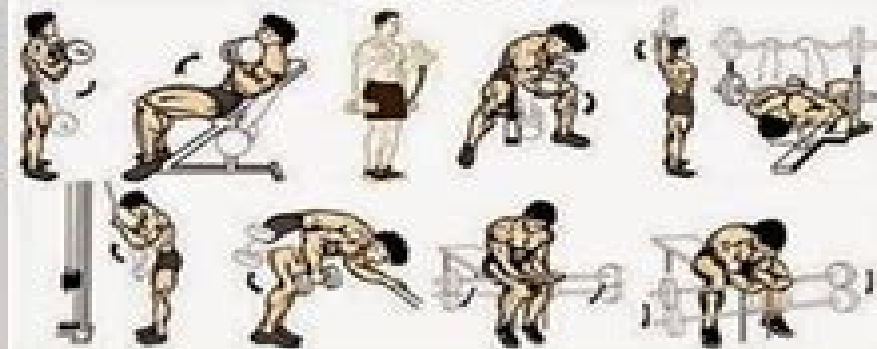
## FIRST DAY



## FIFTH DAY



## DAY TWO



## SIXTH DAY



## THIRD DAY



## SEVENTH DAY



# Muscle Building Workout Routine

**Trey Andrews**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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