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Women's Workout 2: Upper Body Workout - Muscle & ...Women's Workout 5: Legs

Exercise Sets Reps Trap Bar Deadlift 3 6 - 8 Leg Extension 3 8 - 12 Lying Leg Curl 3
8 - 12 Machine Hip Abduction 3 10 - 12 Bodyweight Glute Bridge 3 30

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