

Athlean Xero Workout Plan Free Chm

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jacked | ATHLEAN-X

The Perfect Push Workout is a component of a Push, Pull, Legs Workout split routine which is one of the most common training program splits as it increases muscle mass and strength. A PPL split is a Pull, Push, and Legs training plan that can be performed six days in a row, repeating the three-day split followed by a rest day.

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Yes! ELAST-X was designed to line up with JACKED so people who have to travel for business can stay on track. Both ELAST-X and JACKED follow the same muscle split and most of the same on and off days, so if you have to be away from your dumbbells you can jump into ELAST-X and not miss a beat.

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