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Workout #2 – TRX Full Body Blast A1 – TRX Push Ups – 10 Reps A2 – TRX Rows – 10 Reps A3 – TRX Fallouts – 10 Reps Rest As Needed. Repeat This Circuit For A Total Of 3 Rounds. B1 – TRX Bulgarian Split Squats – 10 Reps Each Side B2 – TR 2th, 2024

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