







shaunstafford Quick Dumbbell
Only Legs Circuit

- Single Swings > 15 reps each, into
- Split Squats > 15 reps each, into
- Front Squats > 15 reps, into
- Oynamic Lunges > 15 reps each, into
- 2min Rest > Repeat Circuit 5x
 Total!

Brutal high-volume work... gets the heart rate up and body moving!!! #legs #legsfordays #ghost #circuit #workout

>>> If you want my help with you training or nutrition, check out my Physique Formula program (link in





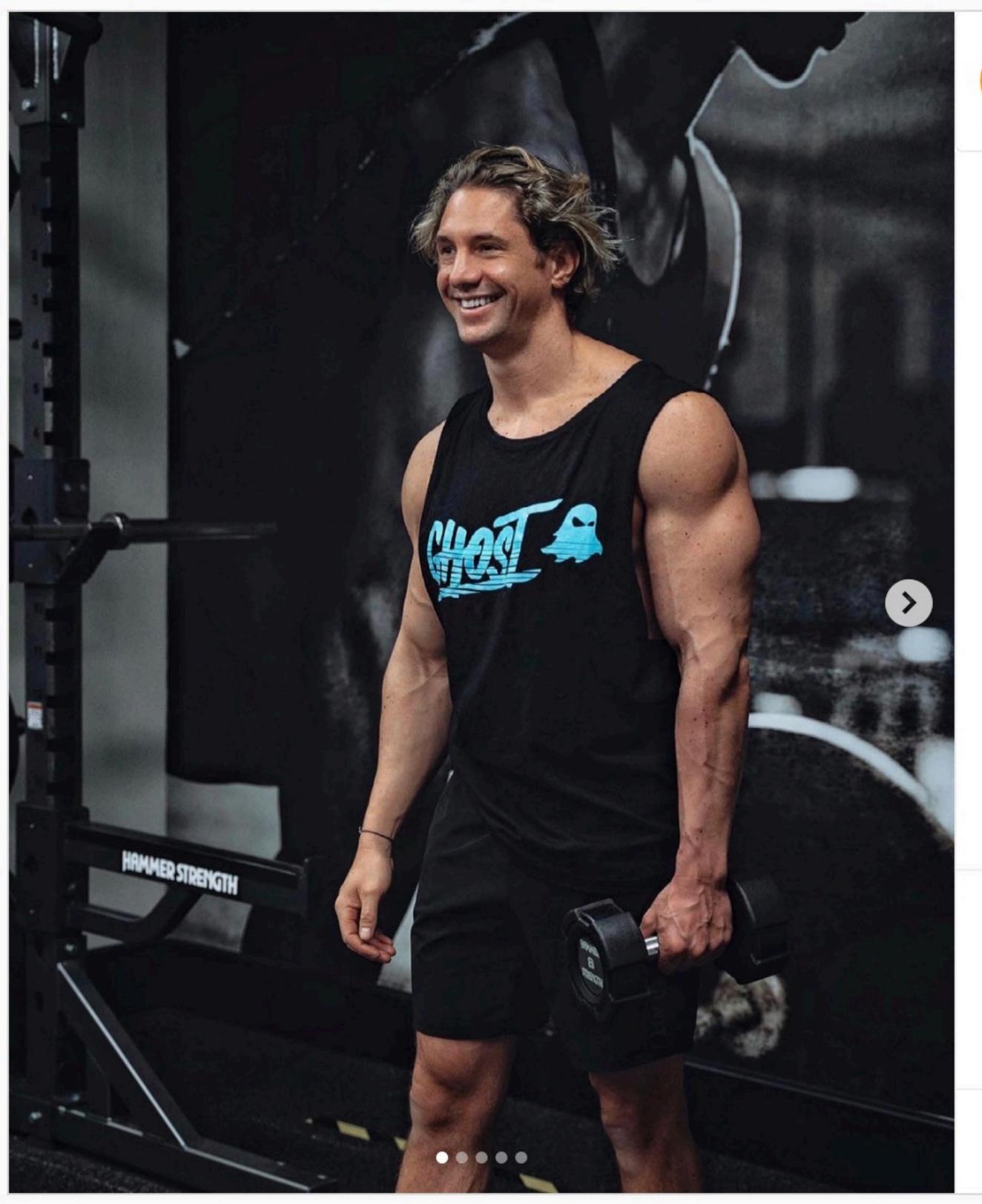




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MAY 19







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Front Squats > 15 reps, into

Oynamic Lunges > 15 reps each, into

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Total!

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>>> If you want my help with you training or nutrition, check out my Physique Formula program (link in bio) >>> From under a quid a day & perfect to give you that final push before summer <<< #onlinecoach #training #nutrition #app #pt

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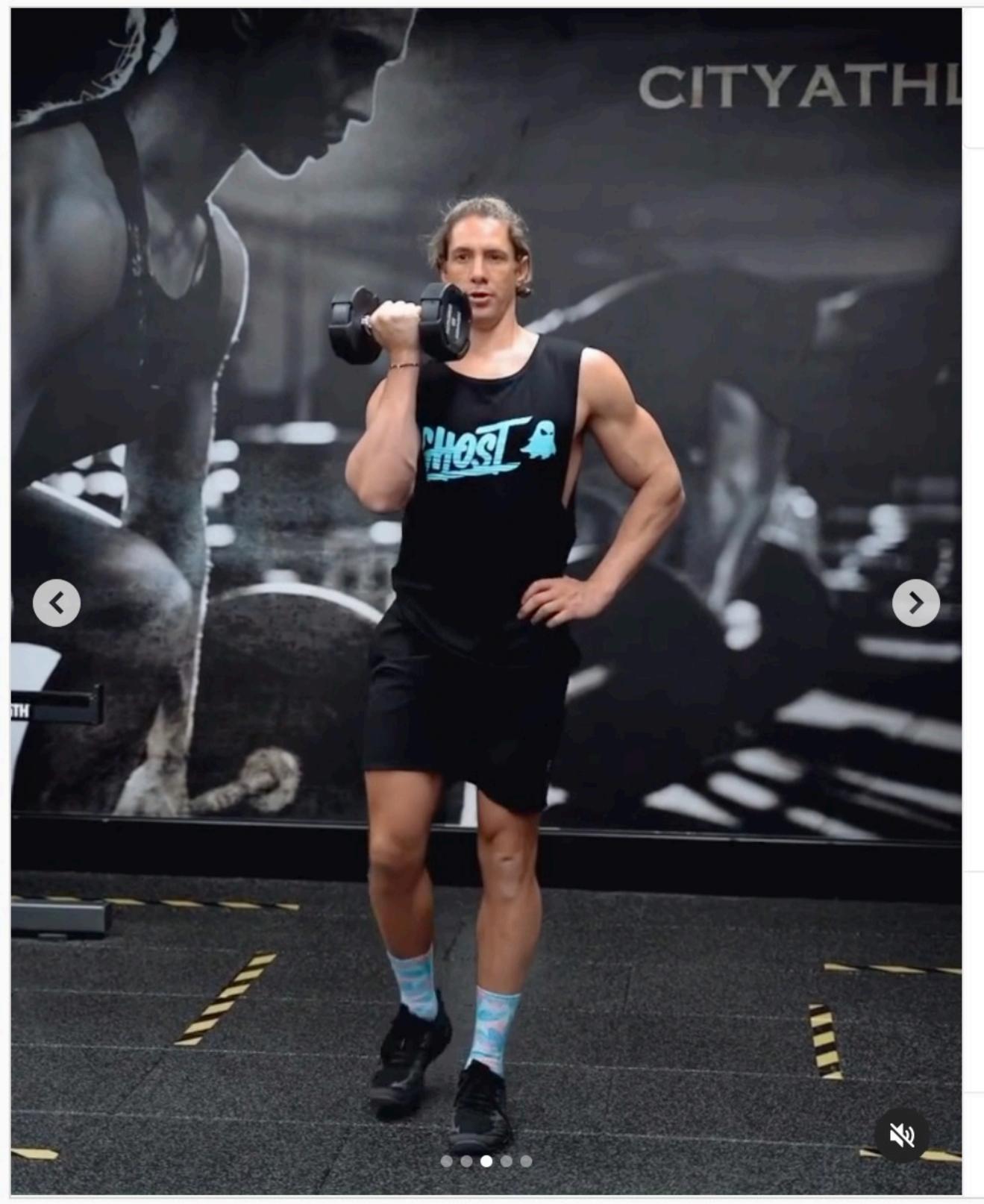




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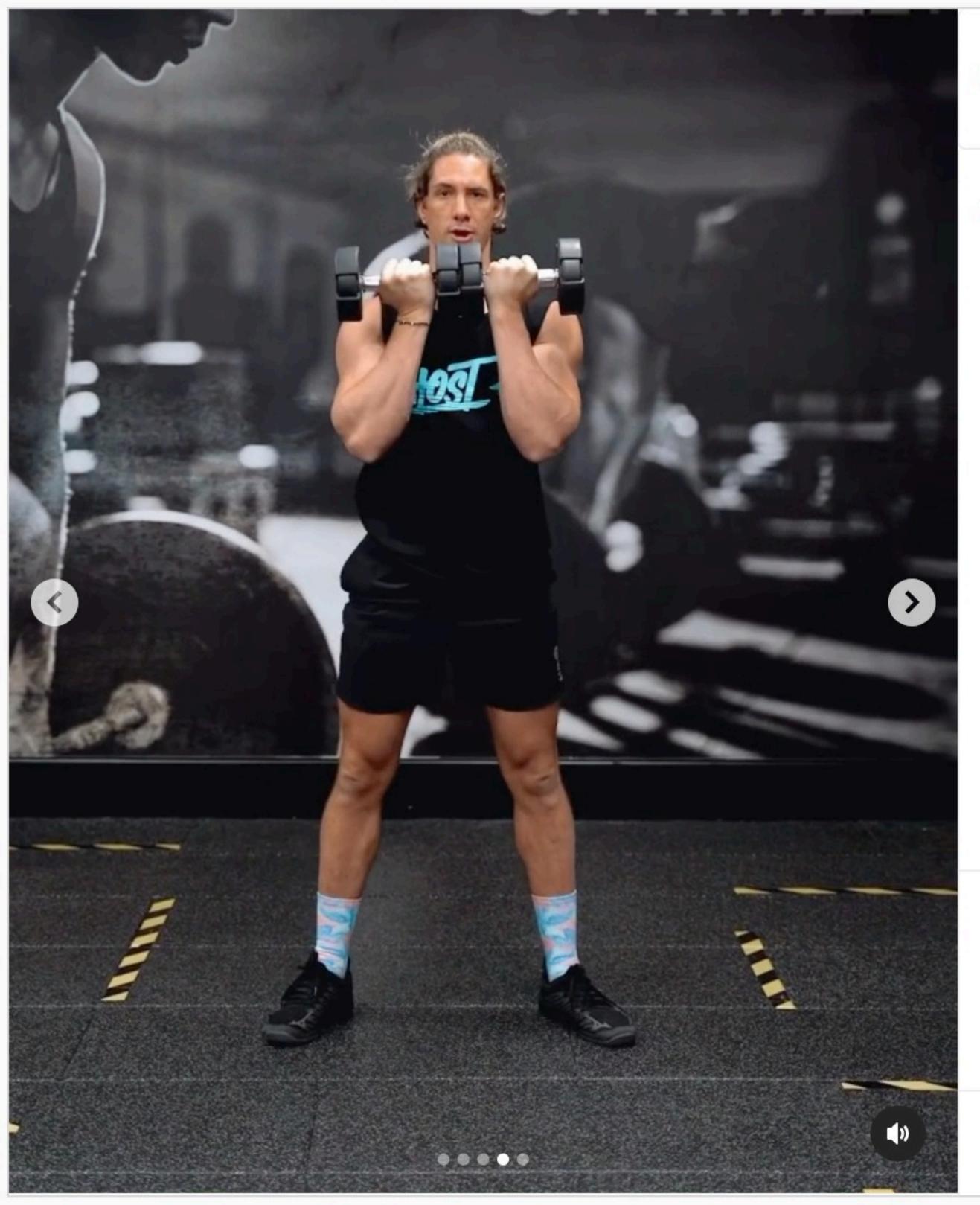
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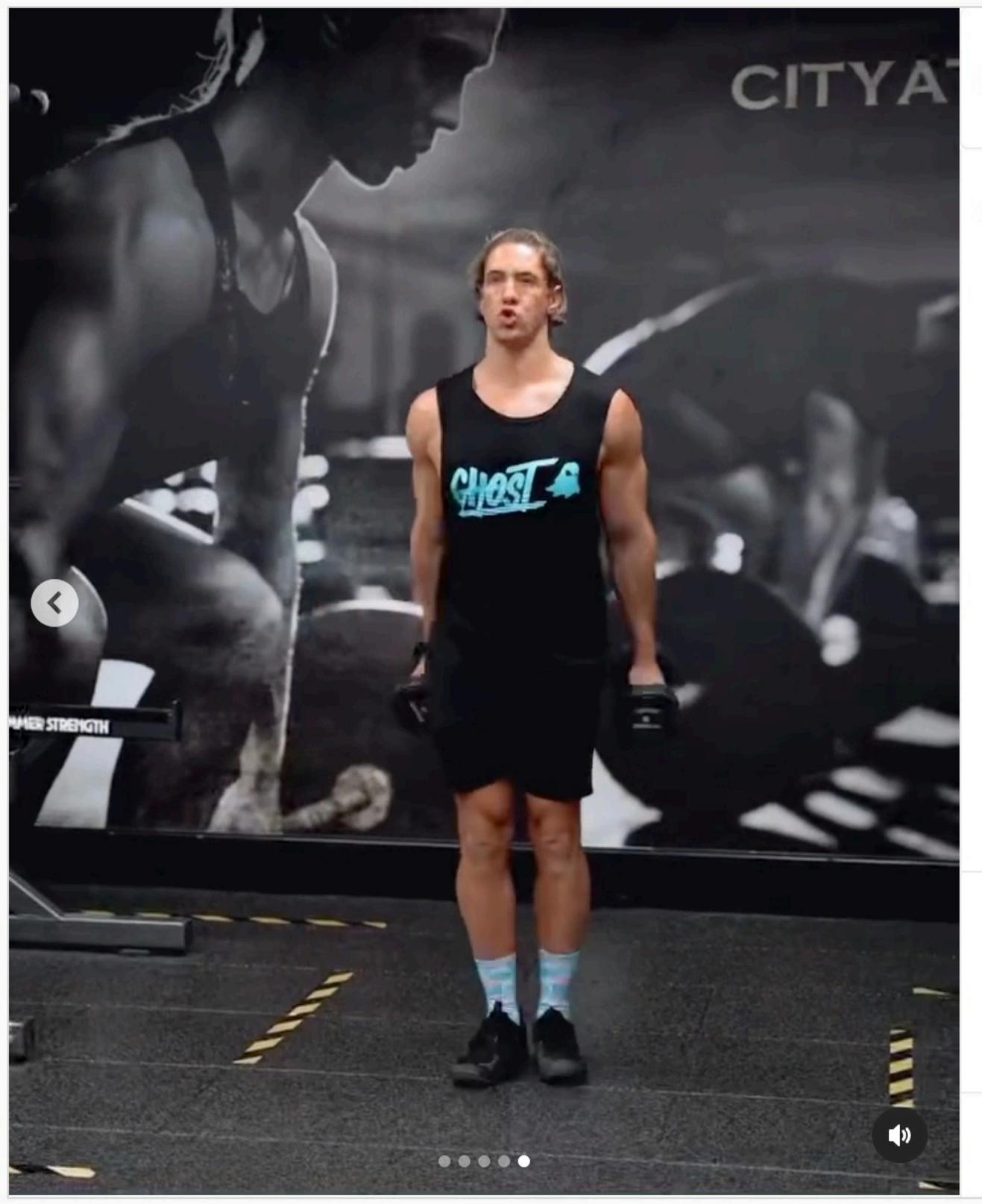






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