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shaunstafford Quick Dumbbell
Only Legs Circuit 🔥

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

Brutal high-volume work... gets the heart rate up and body moving!!!
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