

The 5 Most Important Compound Lifts Workout

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u THE 5 Most Important Compound Lifts Workout. /u
Due to the high number of muscles involved, the 5 Most Important Compound Lifts can be used for a highly efficient, whole body, time-saving workouts. Anyone who wants to have an athletic and strong body cannot avoid these five basic lifts. This is a 8 week (mesocycle) workout plan with a 3 day training split.