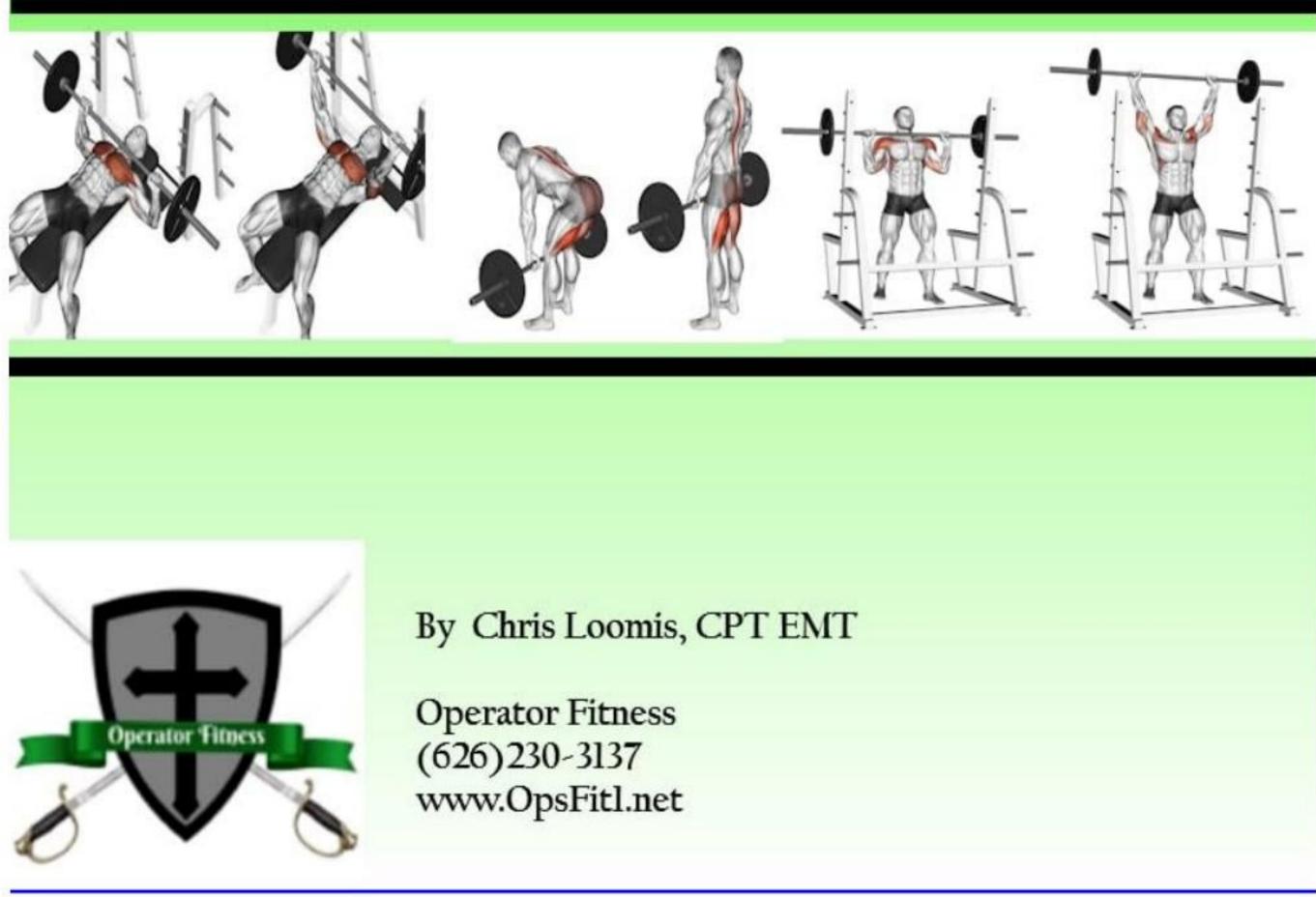
## The 5 Most Important Compound Lifts Workout

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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.