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12-WEEK SPRING STRENGTH WORKOUT PROGRAM

Follow this plan to reboot your workout,
build lean mass, and boost strength gains.

The logo for Muscle & Fitness, featuring the words "MUSCLE" and "FITNESS" in a bold, italicized, sans-serif font, with an ampersand "&" between them. The text is white with a slight shadow effect, set against a dark red background that shows a blurred image of a person's muscular back and arm.

START THIS PLAN



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Sample Workouts From Built Lean Program

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