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In Week 1 you'll perform three sets of every exercise per workout, which over the course of the week adds up to nine sets total for each bodypart, a good starting volume for your purposes. With the exception of crunches for abs, you'll do 8-12 reps per set.

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A healthy eating pattern includes vegetables, fruits, grains (with at least half being whole grains), fat-free or low-fat dairy, and a variety of protein foods (e.g., seafood, lean meats and poultry, eggs, legumes, nuts, seeds, soy products) while limiting saturated and trans fats, added sugars, and.

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