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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Barbell Exercises That Suit Beginners

By Rick Mitchell

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Day 1 – Biceps, Back, Abs

Day 2– Hamstrings, Shoulders, Abs

Day 3 – Quads, Forearms, Calves

Day 4 – Triceps, Chest, Abs

The exercises recommended for beginners are as follows:

CHEST: Bench press

SHOULDERS: Upright row, military press, front shrug

TRICEPS: Lying triceps extension, lying triceps extension with EZ curl bar

BICEPS: Standing curl, EZ standing curl

LOWER BODY: Squat, reverse lunge, calf raise

Bodybuilding Advice

to learn

more about the issues covered in this article.

Exercise the right way – barbell shrugs

By Rick Mitchell

Exercise the right way – barbell shrugs by Rick Mitchell

In this article we'll take a close look at Barbell Shrugs.

MUSCLES TARGETED: trapezius (upper), rhomboids

STARTING POSITION

EXERCISE TECHNIQUE

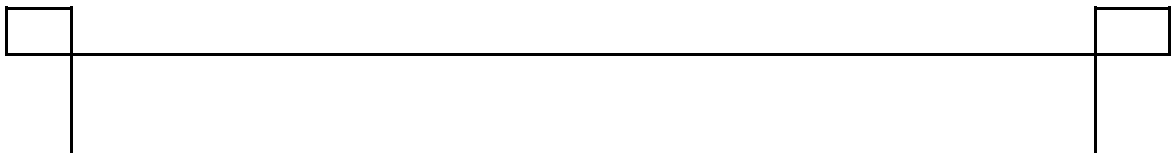
Bodybuilding Exercises

to learn

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