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"Three" HIIT Workout - Blast & Burn | Fat Burning Workouts

Mass Training System - Michael

Blast \u0026 Burn - Get Lean \u0026 Ripped! *HughesFIT Video Series: Arm Blast Training* **Blast for Mass - Gains UNLEASHED!** **Blast Training System: Chest**

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Training System The Blast Training System was created by Top New York City Fitness Professional and VIP Personal Trainer, Ryan Hughes. The system takes the traditional approach to the gym and throws it out the window, leaving you with one of the most physically and mentally challenging workout programs ever created! Blast Training System | HUGHESFIT The third release from IFBB Pro Ryan Hughes, Blast & Burn, has a primary focus of getting you lean and ripped! Included in this eBook is over 35 muscle specific workouts, the introduction of the new HIIT Blast workouts, a complete nutritional regimen, supplementation regimen and cardio schedule! Blast Training System - Blast & Burn | HUGHESFIT Over two years in the

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