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a father of 4 from texas financial
advisor and chaplain in the u s air force
reserve in 2019 keith completed a free
builtlean breakthrough call
*marc perry my current workout routine
builtlean* - Sep 22 2023
web jul 13 2022 i ve also created
dozens of workout routines for my
training and coaching clients the
workout routine i have below is what i
ve found works very well for me here it
is monday strength circuits tuesday
yoga wednesday strength circuits
thursday cross training friday strength
circuits saturday yoga