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Here is Mike Rashid's workout routine:
Chest Workout. On this chest routine,
Mike Rashid performs 4 different
exercises with an average of 4 sets and
8-12 reps. Here is Mike Rashid's chest
routine: 1. Barbell bench press (4 sets,

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6-10 reps) 2. Incline bench machine (4 sets, 8-12 reps) 3. Incline dumbbell press (4 sets, 8-12 reps) 4 ...

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