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IFBB Men's Physique Pro Ryan Hughes "Three" HIIT Workout from his Blast & Burn training system is designed to blast your muscles and burn fat! This is a great cardio workout to implement after your lift or on its own.

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"This training system is great and by far the best results I've ever seen in such a short period of time. The program is a must for anyone that's looking to get in shape. I know I'm in the best shape of my life thanks to Ryan and his training system.

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