

A man in a white tank top is shown from the chest up, performing a bicep curl with his right arm. He is outdoors, with a blurred background of green trees and foliage. The lighting is bright, suggesting a sunny day. The text 'FULL BODY BEGINNER'S PROGRAM' is overlaid on the image in a bold, black, sans-serif font. The word 'PROGRAM' is significantly larger than the other words.

**FULL BODY BEGINNER'S
PROGRAM**

Mike Rashids Full Body Program

Michael Berg, NSCA-CPT



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