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Ulisses Jr. Workout. Monday: Back/Calves Pullups 4 X 12 To 15 Pulldowns 4 X 12 To 15 Barbell Row 4 X 12 To 15 Cable Row 4x 12 To 15 Pullovers 4 X 12 To 15 Seated Calf Raises 4 X 15 Standing Calf Raises 4 X 15 Donkey Calf Raises 4 X 15. Tuesday: Quads/Hamstrings Leg Extension & Leg Curl (Superset) 4 X 15 Squats & Seated Leg Curl (Superset) 4 X 15 Leg Press & Standing Leg Curl (Superset) 4 ... May 21th, 2019

Ulisses Jr.'s Workout Routine & Diet | Wealthy Gorilla

Ulisses Jr. Always Believes That Nature Is Nutrition, So When It Comes To His Diet He Regularly Eats 8 Meals Of Organic Foods A Day. He Is Trying To Stay Clear Of Any Processed And Fried Foods To Stay Conditioned. Ulisses Jr. Workout Routine. Ulisses Jr.'s Workout Routine Normally Consists Of Numerous Exercises. Feb 3th, 2019

Ulisses Jr | Age • Height • Weight • Images • Bio • Diet ...

By 2013, Ulisses Jr Had Achieved One Of The Greatest Ever Natural Physiques. Appearing In Men's Health, Muscle & Fitness And FLEX Magazine, He Had Become An Icon In The Industry. Steroid Accusations. During His Career, Ulisses Jr Had Naturally Sculpted A Bulky Physique With An Impressively Low Body Fat. Jun 4th, 2019

Ulisses Jr. Workout Routine & Diet - MY WORK FITNESS

Ulisses Jr. Workout Routine. Ulisses Jr's. Exercise Routine Regularly Comprises Of Various Activities. In The Event That You Take A Gander At The Schedules Beneath, He Centers Around Hitting 8 Practices Inside Every One Of His Exercises Consistently. Mar 10th, 2019

Ulisses Jr Diet And Workout Plan - Proteinteacher.com

Ulisses Jr Ab Workout. Ulisses Jr Is Known As The King Of Abs For A Good Reason. He Has A Shredded 8 Pack, That Many Guys His Age Would Want. To Achieve Front And Side Obliques, Ulisses Jr Goes Through Many Different Out Of The Box Exercises. Give The Below Workout A Try To Get Your Abs Burning! 1st Exercise: Hanging Leg Raise From Bar 4 X 15 Jan 14th, 2019

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International Fitness Model Ulisses Jr Talks With Simplyshredded.com. Quick Stats:

Age: 35 Height: 5'10" – 178 Cm ... That Was The Start Of The Ulisses Odyssey! ... Don't Disrespect Your Workout By Eating Junk! Stay True To Your Nutrition And Maintain A Balanced Diet! May 18th, 2019

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Ulisses Jr Workout Routine | Monsterabs

Ulisses Jr Is A Fitness Model, Bodybuilder And Fitness Trainer Who Provides Training On His Facebook Page, YouTube Videos And On His Website As Well. He Is Known For His Great Physique. He Has Won Many Awards At Different Competitions As Well. He Has Been The Winner Of Muscle Mania Super Body And World Pro Champion. Ulisses Jr Has His Own... Jun 9th, 2019

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CONTENTS

CONTENTS . SECTION PAGE INTRODUCTION 3 . PRE-TRAINING STRETCHES 3 ... Other Fitness Program As Well As Making Any Nutritional Changes In Order To Determine If It Is Right For Your Needs. Get Mass By Ulisses And Ulisses World Offers Health, Fitness And Nutritional Information And Is Designed For Educational Purposes Only. You Should Not Rely On Jan 14th, 2019

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