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Simeon Panda charges for this plan so it would be unethical and illegal to post it free issue on this website. That being said, by reading the sticky's in the Workout program section as well as the Nutrition section, you can develop a plan that is better for you as an individual.

Can someone share Simeon Panda's Mass Gain program

Workout Principles. Simeon Panda's program focuses on doing a variety of different ab routines to work the upper as well as the lower abs. This helps create a ripped, washboard stomach that gets rid of fat and lets the muscle show through. In addition to this, his workout philosophy focuses on heavy lifting and strength

training exercises...

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