

A muscular man with short brown hair is shown from the waist up, performing a shoulder press. He is holding a barbell with two black weight plates above his head with both arms. He is wearing a gold chain with a cross pendant and green athletic shorts. The background is a chain-link fence.

Marty's Ultimate Workout

by H. K. Kiting

Marty S Ultimate Workout

Daniela Niemeyer

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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