

A man with a beard and a blue headband is lying on a bench in a gym, performing a bench press. He is wearing a black t-shirt and black shorts with red trim. He is lifting a large black weight. The gym background is slightly blurred, showing various pieces of equipment. The text "MAX EFFORT UPPER WORKOUT" is overlaid on the right side of the image in a bold, stylized font. The words "MAX EFFORT" are in white with a black outline, and "UPPER WORKOUT" is in yellow with a black outline.

# MAX EFFORT UPPER WORKOUT

# Max Workout Manual

**Lauren Gardner**

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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