



## The Viking Workout

A 6-week Full-Body Workout Programme

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Authors: Rémi Ragnar (Text) - Fred Goudon (Photographer)

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Try out the Viking method with this exclusive program!

The Viking workout is a muscle-development program for bulking up or rebuilding muscles in just 6 weeks, thanks to simple, fully illustrated, and detailed exercises. At the gym or at home without equipment, this programme is suitable for everybody: men, women, beginners, people recovering from pregnancy or trying to integrate exercise into their lives.

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