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If you're looking for a lower body workout that is backed by evidence, then you need to read this article. Each lower body exercise is specifically chosen based on scientific literature and our understanding of the lower body anatomy - resulting in symmetrical and optimal development of all the lower body muscles.

### **The Best Science-Based Lower Body Workout for Growth (8**

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In this article we'll go over the best chest workout based on scientific literature and our anatomical understanding of the chest. The most effective chest workout is one that focuses on proper development of all three portions of the chest, as this is what gives the chest a well-developed look.

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