I’ve recently had surgery and i’m currently injured, will I still be able to do the exercises?

Pre Sales · https://thesixpackrevolution.com/docs/ive-recently-had-surgery-and-im-currently-injured-will-i-still-be-able-to-do-the-exercises/

Yes you can. We’re quite familiar with working around injuries, and your coach will be able to set alternative exercises that will be suitable for you.