Keep in mind the correct order in your workout

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You should always consider training your bigger muscles first because they consume the most amount of energy. After them, you can train the smaller muscle groups like the biceps, shoulder and triceps which need less energy. If, for example, you train your biceps before your back, you will not be able to train your back at 100% because your biceps are involved in back exercises and they will be tired beforehand.

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