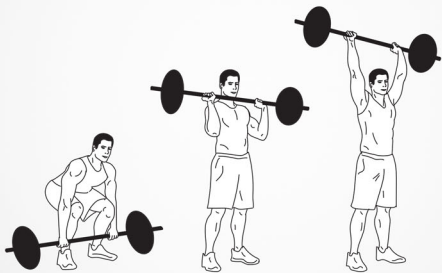


# clean & press

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10 clean & press  
60 seconds rest  
x 7 sets in total