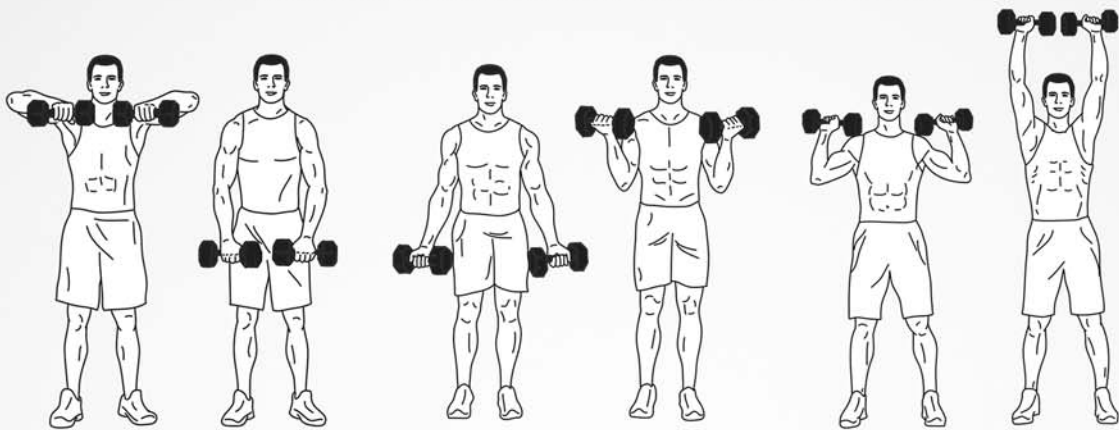


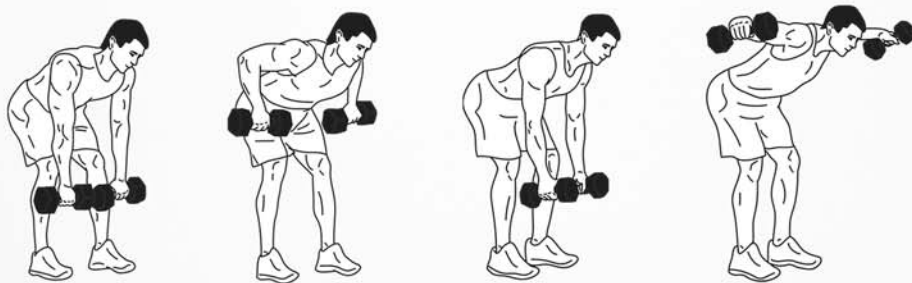
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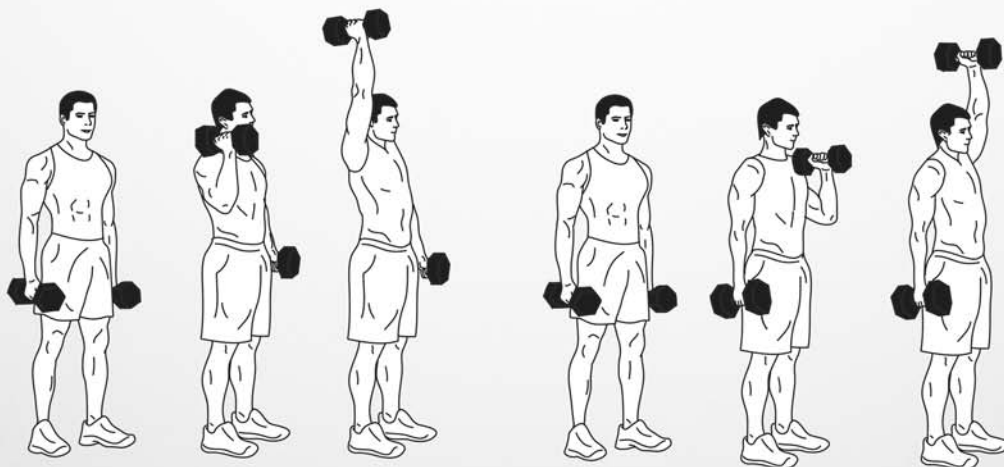
2 minutes rest between combos and sets



10combos upright row + bicep curl + shoulder press **x 3 sets**



10combos bent over row + bent over lateral raise **x 3 sets**



10combos hammer curl, right + shoulder press + hammer curl, left + shoulder press **x 3 sets**