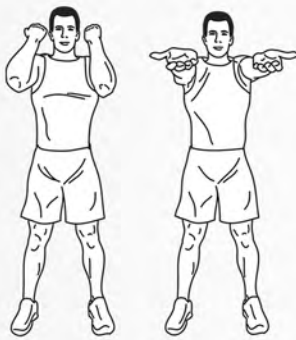


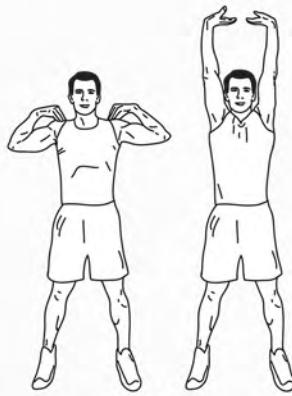
upperbody works

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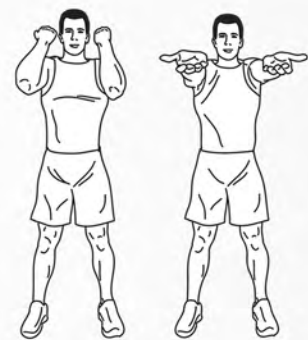
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



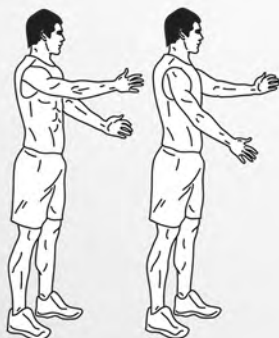
20 bicep extensions



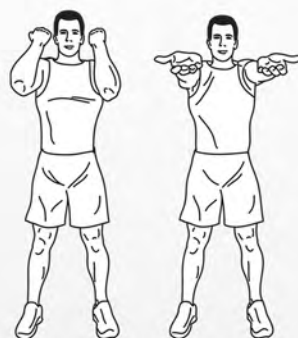
20 standing shoulder taps



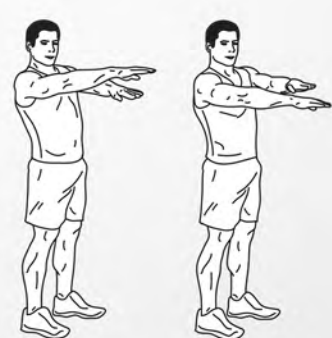
20 bicep extensions



20 scissors chops



20 bicep extensions



20 arm scissors