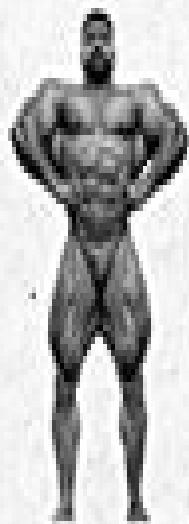




FRONT DOUBLE BICEPS



FRONT LAT SPREAD



SIDE CHEST



SIDE TRICEPS



REAR LAT SPREAD



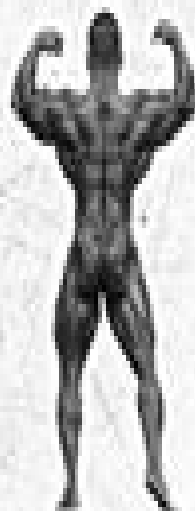
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