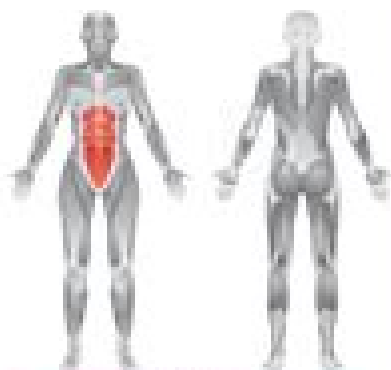
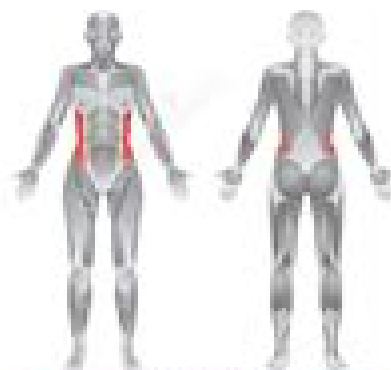


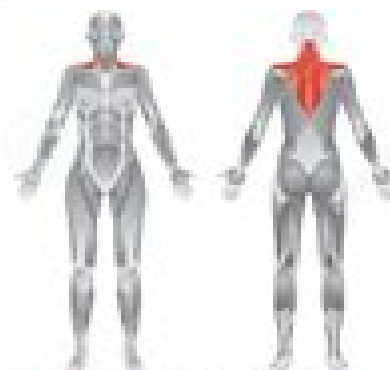
Chest



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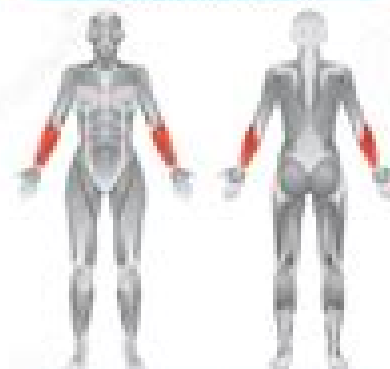


Upper Back, Neck

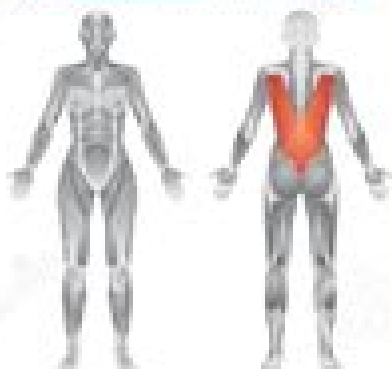


Upper Arms, Shoulders

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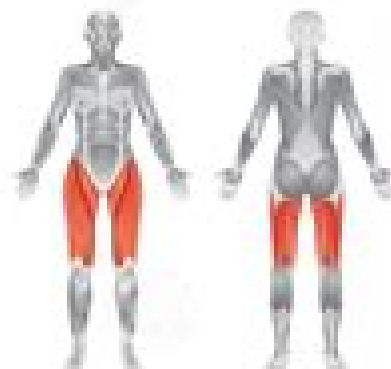
Forearms



Middle and Lower Back



Glutes



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Muscle Training Guide

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