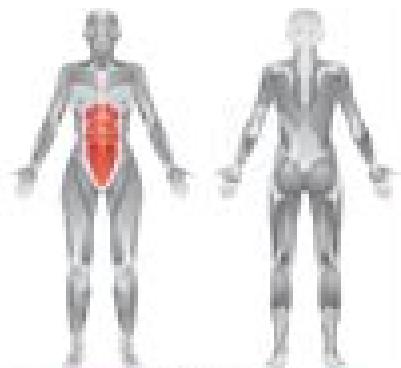


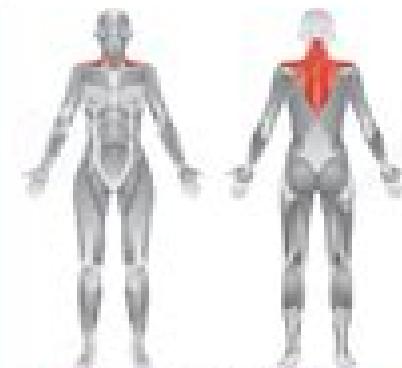
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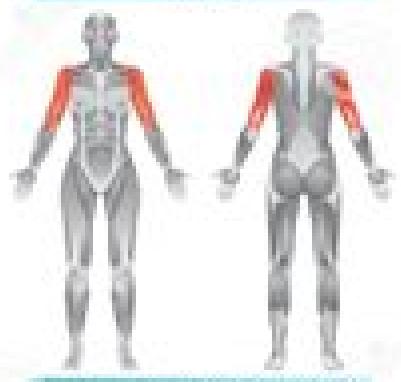
Abs



Side Abs



Upper Back, Neck



Upper Arms, Shoulders

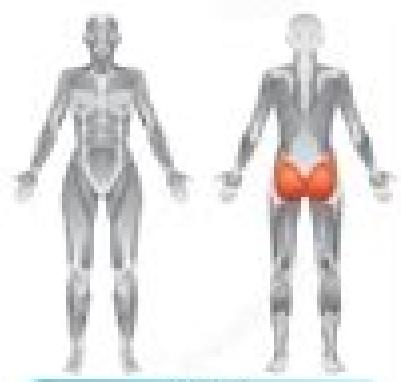
MUSCLE GROUPS



Forearms



Middle and Lower Back



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