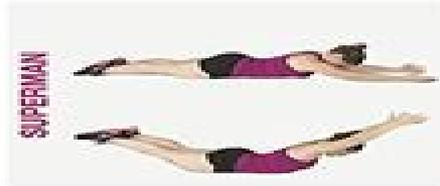


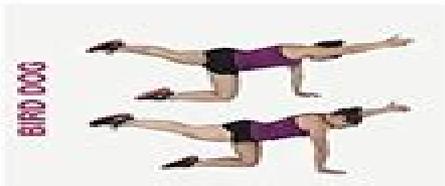
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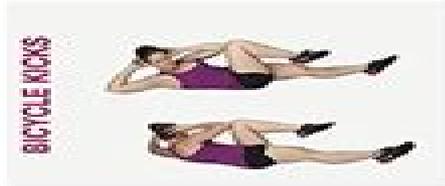
SET 2



SET 3



SET 4



BEGINNER
10-15 REPS X 2 SETS

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