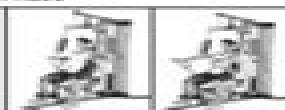


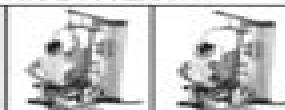
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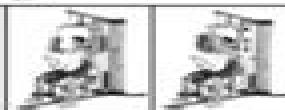
1 CHEST PRESS



2 SINGLE ARM LAT PULL-DOWN



3 CHEST FLY



4 SEATED LATERAL RAISE



5 LATERAL RAISE



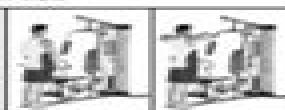
6 TERMINAL ARM (PREACHER) CURL



7 TRICEPS WICKERBACK



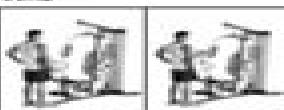
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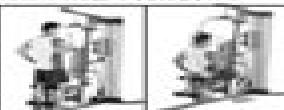
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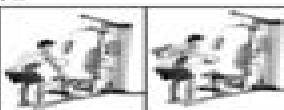
14 SEATED ARM PULL-DOWN



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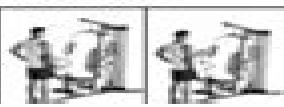
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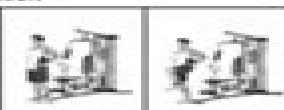
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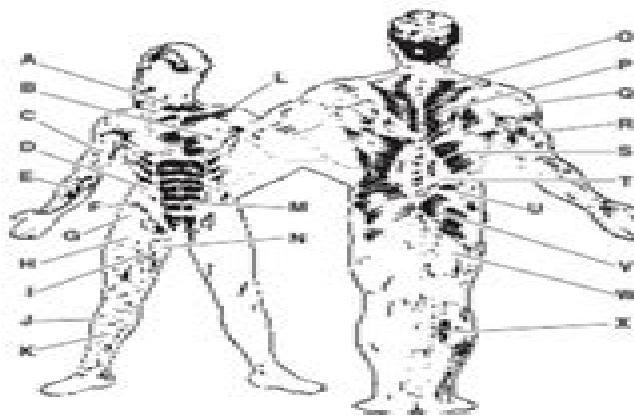
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