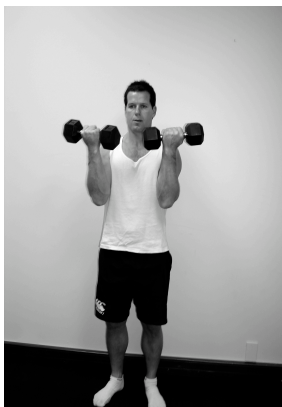
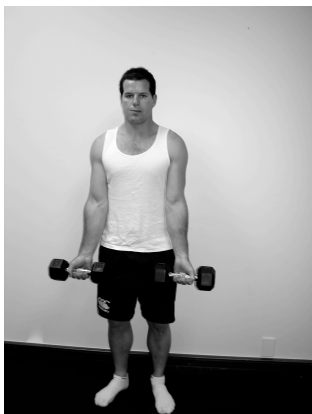
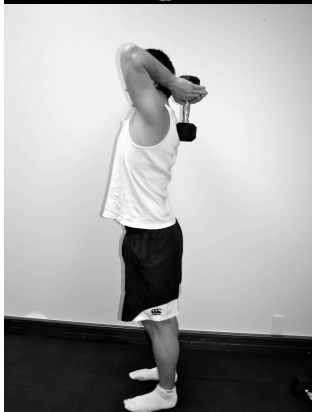


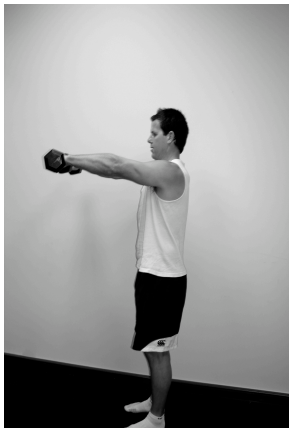
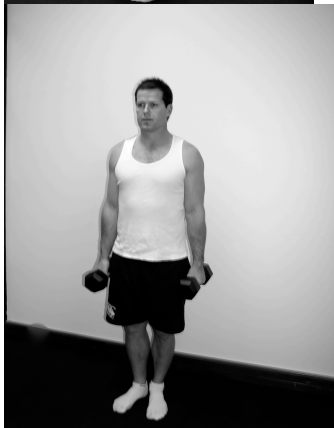
DUMBBELL ARM EXERCISES 1



BICEP CURLS



TRICEP CURLS



SHOULDER FRONT LIFTS

Notes:

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