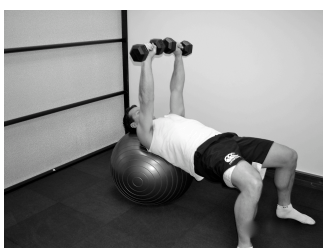


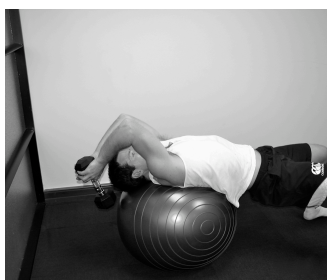
DUMBBELL ARM EXERCISES 3



SINGLE ARM ROW



CHEST PRESS



TRICEPS

Notes:

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