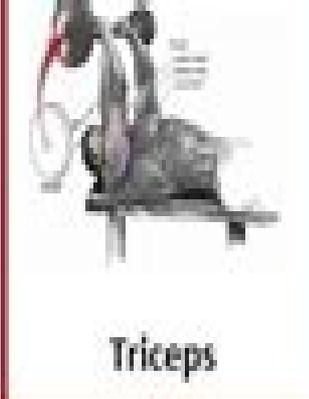


Biceps



Triceps



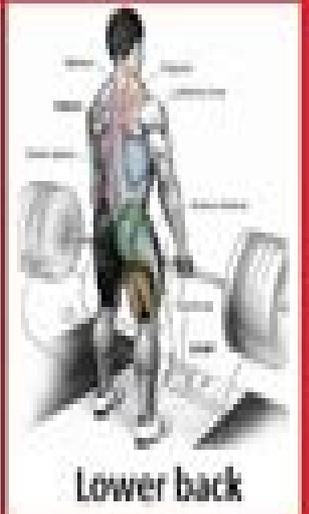
Chest



Shoulders



Upper Back



Lower back



Abs



Major Muscle Exercises

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