



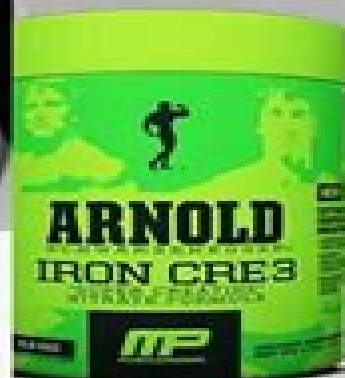
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ARMS, & ABS**

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CRE3**



*45 SECOND REST BETWEEN ALL SETS

ARNOLD DUMBBELL PRESS: 5X5

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30, 12, 10, 8, 6 EACH

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FRONT DUMBBELL RAISE**

SUPERSET: 5 SETS

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**REAR DELT FLYE ON INCLINE BENCH
UPRIGHT ROW**

BARBELL CURL: 5 SETS

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