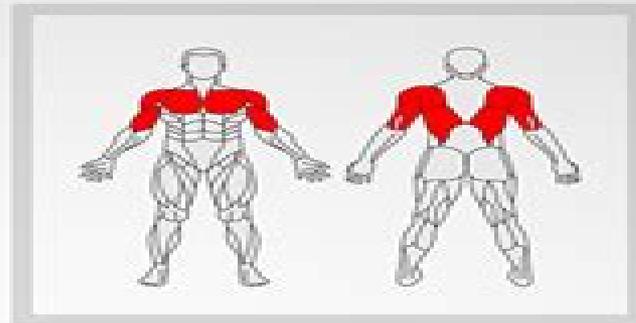


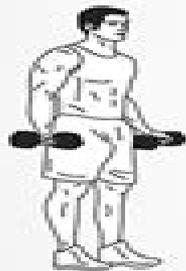
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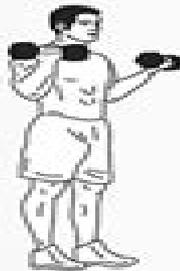


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SET 1 20 reps **SET 2** 15 reps **SET 3** 10 reps each exercise
rest between sets up to 2 minutes



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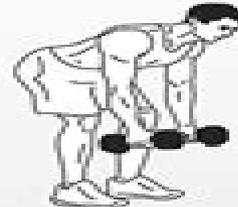
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