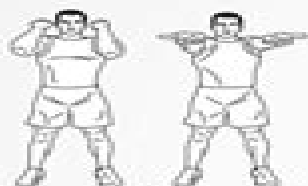


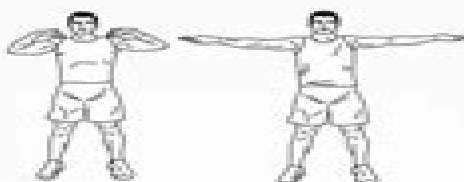
ARMS & SHOULDERS

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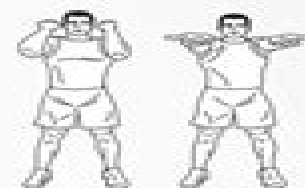
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 bicep extensions



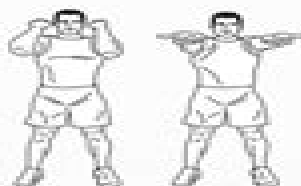
10 side shoulder taps



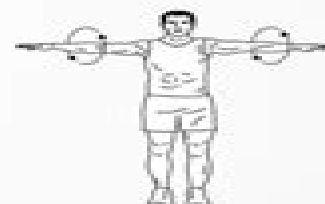
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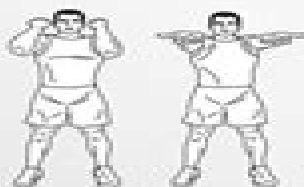
10 arm circles



10 bicep extensions



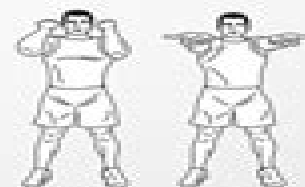
10 arm circles



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10 side shoulder taps



10 bicep extensions

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