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#TEAMHERCULES WORKOUT

ARMS EXERCISE

BICEPS

- TRI SET - 4X 12 REPS EACH
- PREACHER CURL WITH EZ CURL BAR
- STANDING BB CURL W/ EZ BAR
- DUMBBELL CURL

TRICEPS

- TRI SET - 4X 12 REPS EACH
- EXERCISES ROPE PUSHDOWN
- ROPE OVERHEAD TRICEPS EXTENSIONS
- TRICEPS DIPS TO FAILURE



Arms Of Hercules

A Gutmann



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