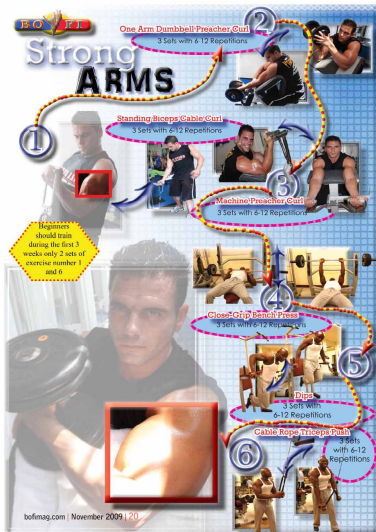


Strong Arms

Written by

DATE_FORMAT_LC2 -



Strong Arms

One Arm Dumbbell Preacher Curl

Standing Biceps Cable Curl

Machine Preacher Curl

Close-Grip Bench Press

Dips

Cable Rope Triceps Push Downs

Beginners should train during the first 3 weeks only 2 sets of exercise number 1 and 6

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