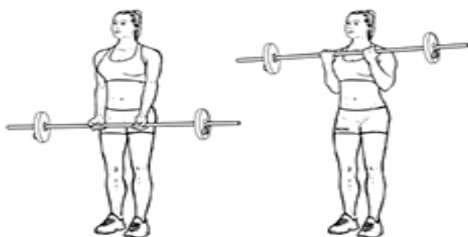
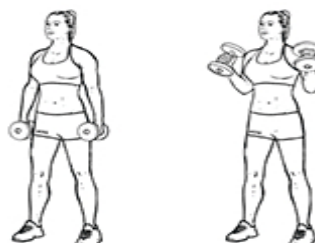


Barbell Curl



Hammer Curls



Concentration Curls

