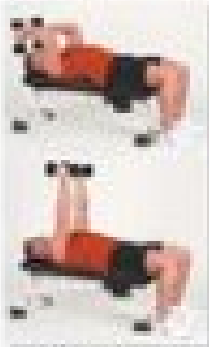


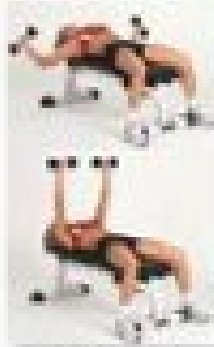
SPRI



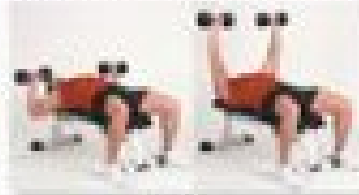
Dumbbells



Triceps Extension



Chest Flys



Chest Press



Rows



Biceps Curl



Squats



Overhead Press



Lunges



Deadlifts

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