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Biceps Curl 73 Toe Touch Row 74 Toe Touch Upright Row 33 Outer Hip & Thigh 43 Seated Biceps Curl 33 Outer Hip & Thigh
19 Shoulder Press 75 Core Extension 19 Shoulder Press 75 Core Extension Women's 6-8 Minute Workout Days 5 & 6 Day 5
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