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ISOLATION EXERCISES

ABS



ARMS



BACK



CHEST



SHOULDERS



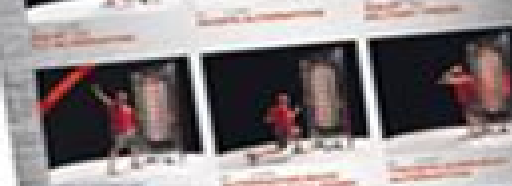
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Ying-Ying Zheng

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