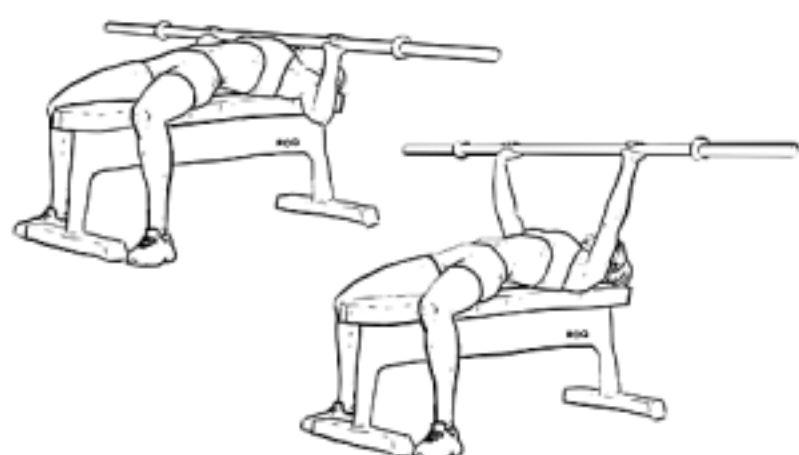


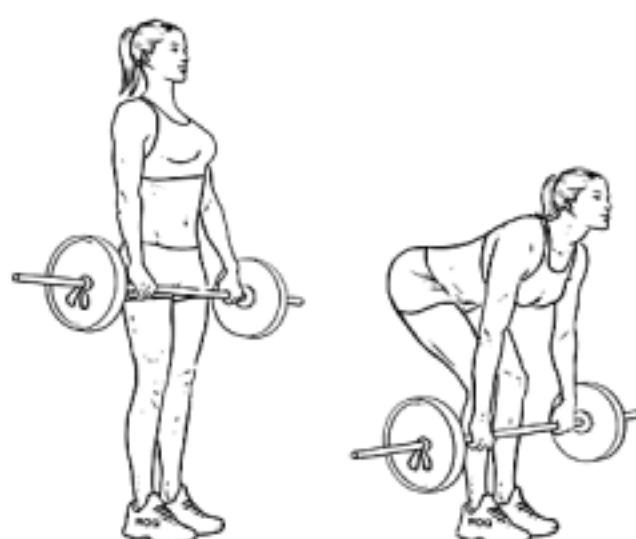
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Compound Upper Body Workout 1



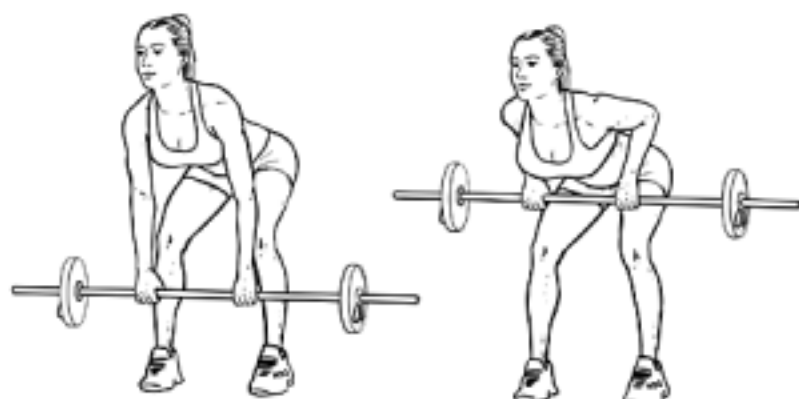
Barbell Bench Press

3 sets · 15 reps · 10 lbs



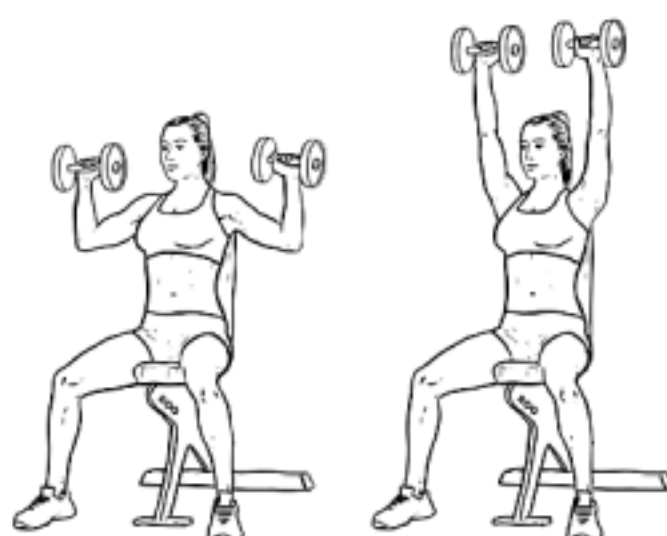
Barbell Deadlifts

3 sets · 15 reps · 10 lbs



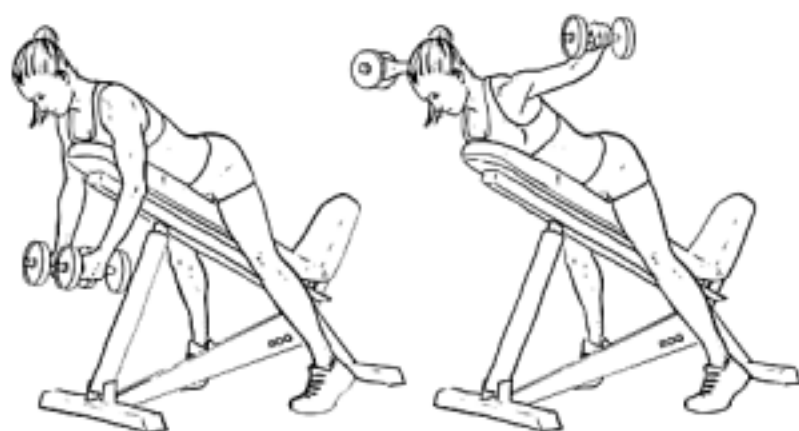
Bent Over Barbell Rows

3 sets · 15 reps · 10 lbs



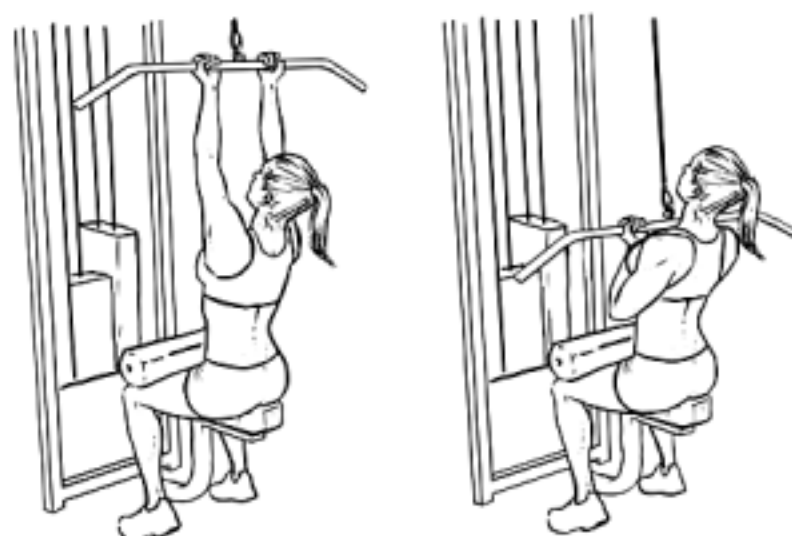
Dumbbell Overhead Shoulder Press

3 sets · 15 reps · 5 lbs



Reverse Flyes

3 sets · 15 reps · 3 lbs



Close Grip Lat Pulldowns

3 sets · 15 reps



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