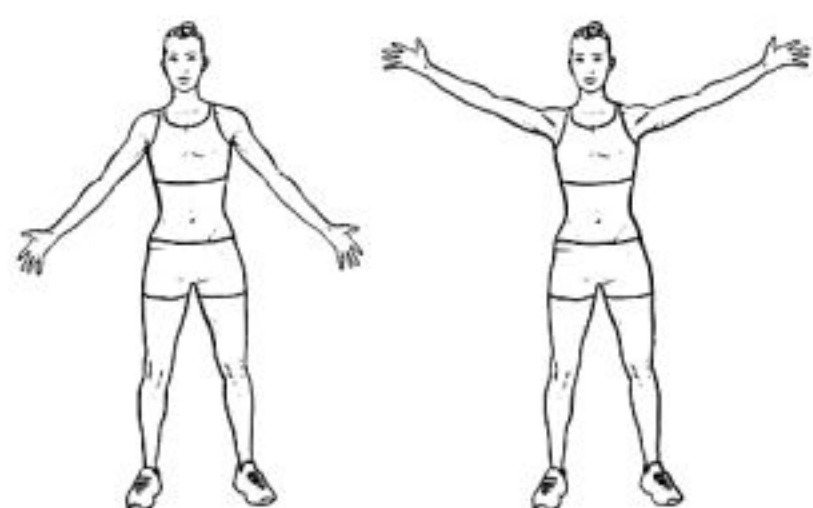


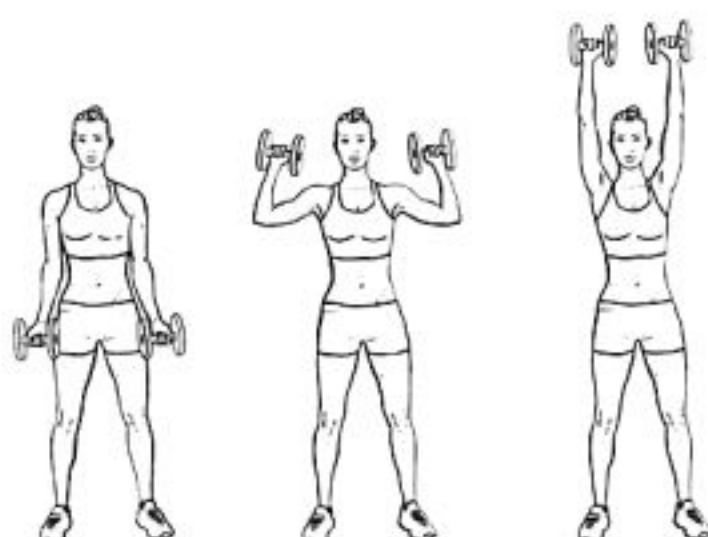
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HIIT Upper Body Burner



Standing Arm Circles

2 sets · 20 secs · 10 sec rest



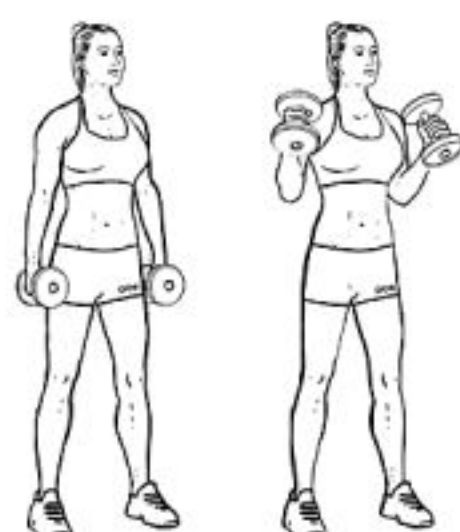
Dumbbell Biceps Curl to Shoulder Press

2 sets · 10 reps · 30 sec rest



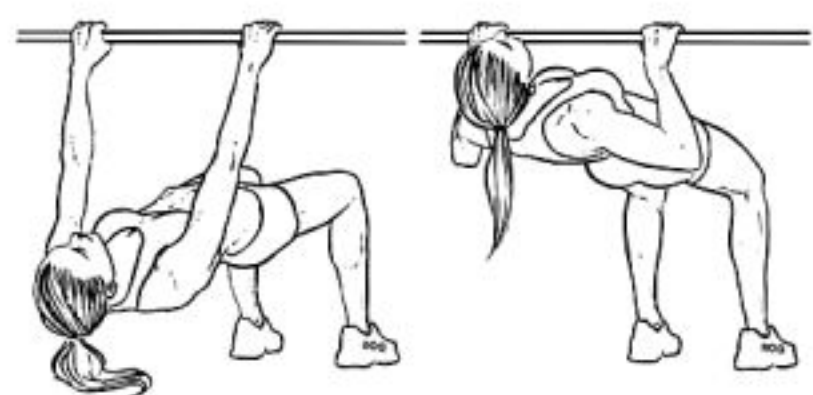
Incline Push-ups

4 sets · 12 reps



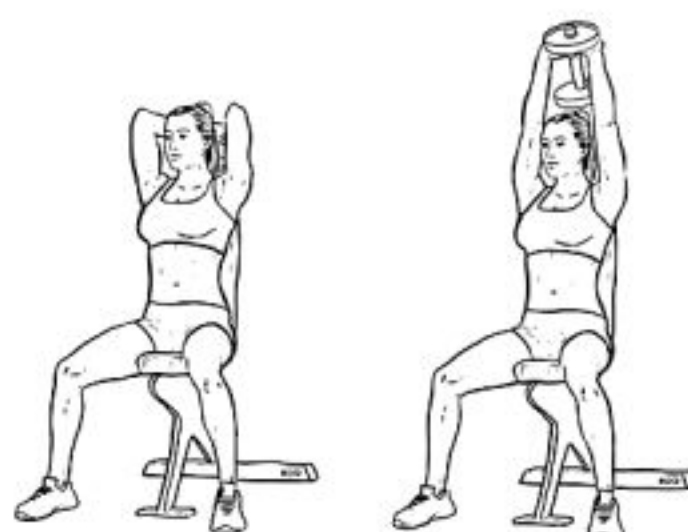
Standing Dumbbell Bicep Hammer Curls

4 sets · 12 reps · 60 sec rest



Inverted Rows

4 sets · 12 reps



Seated Tricep Press

4 sets · 12 reps · 60 sec rest

...and 7 more exercises



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