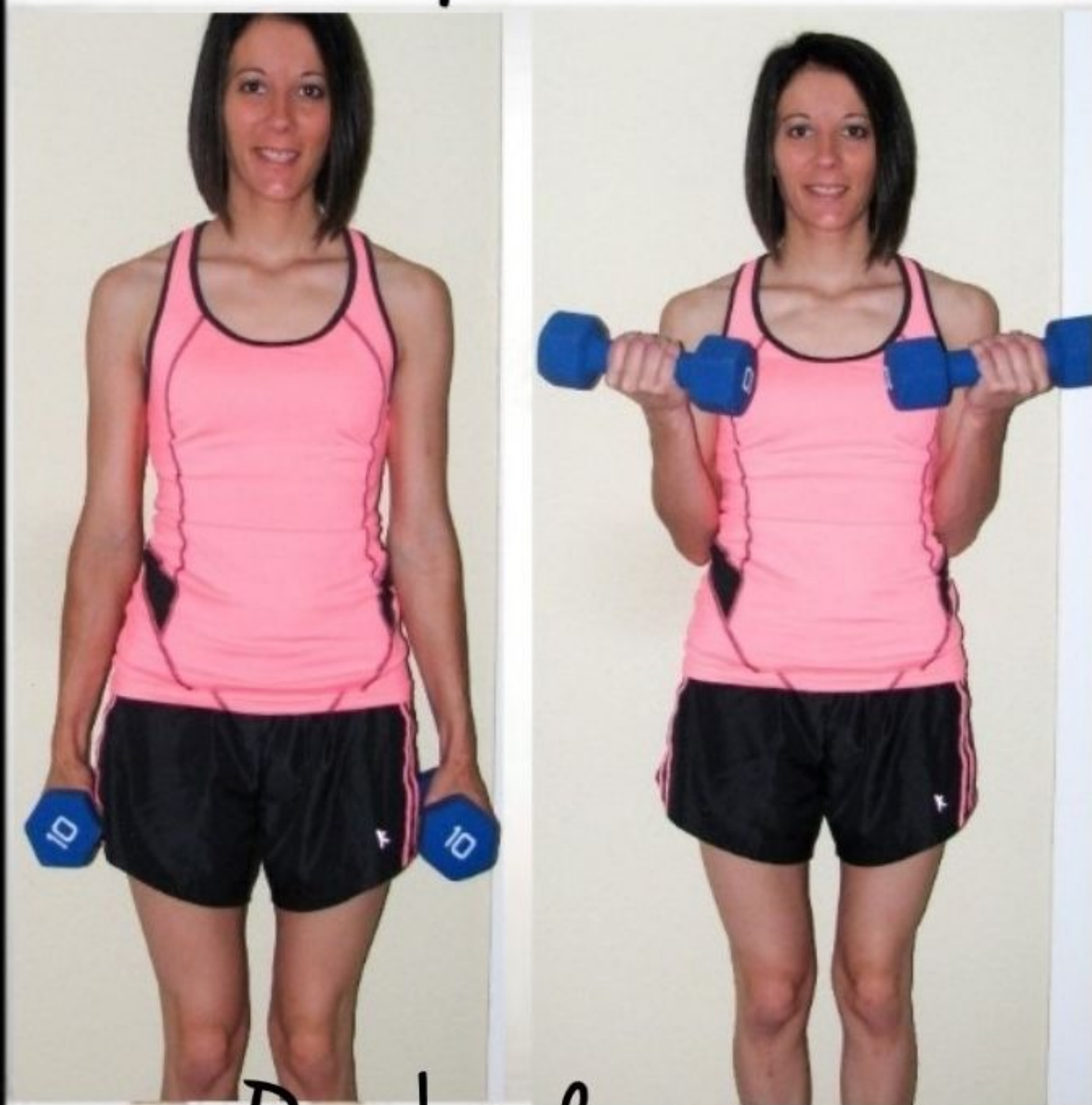


21-Day Arm-Sculpting CHALLENGE

Bicep Curl



Upright Row



Overhead Shoulder Press



Bent-Over Reverse Fly

