



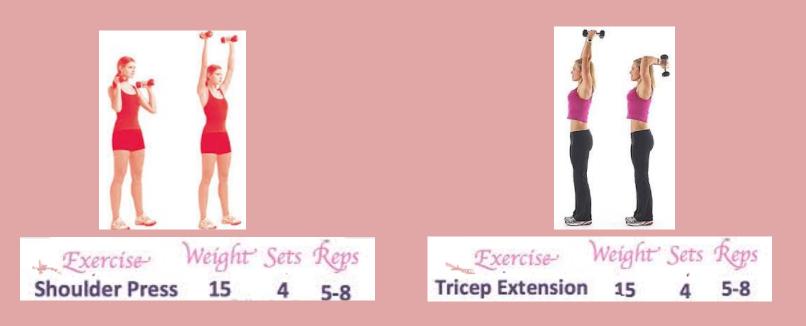
Get Fit FRIDAY







Exercise-	Weight	Sets	Reps	
Dumbbell Curls	10	4	5-8	



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