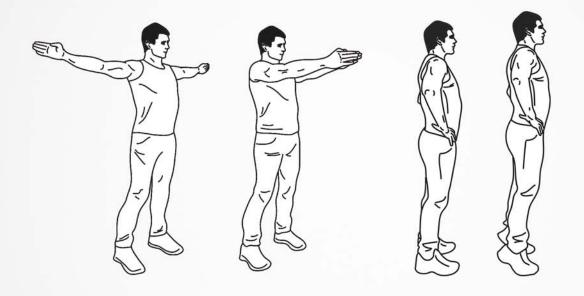
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5 chest expansions

5 calf raises

10 chest expansions

10 calf raises

20 chest expansions

20 calf raises

done