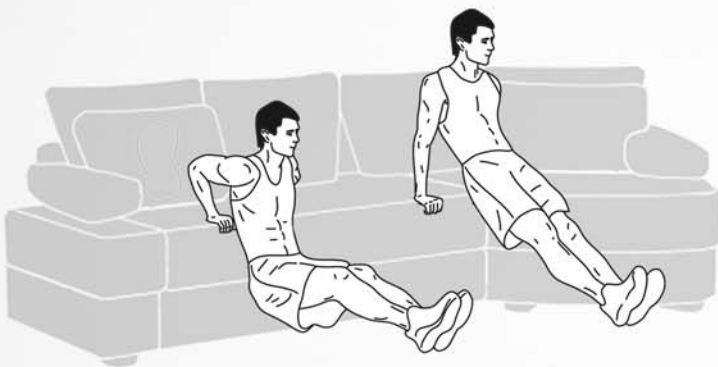


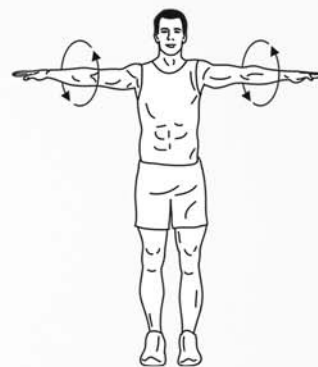
triceps

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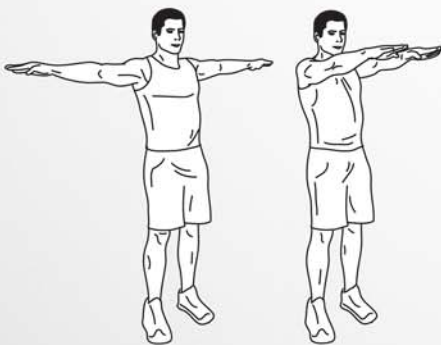
repeat 3 times in total | 2 minutes rest in between



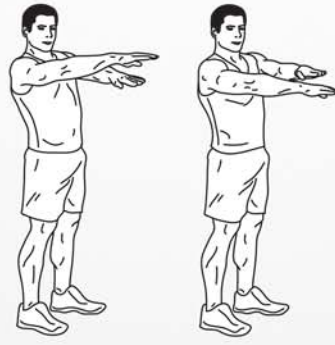
10 tricep dips



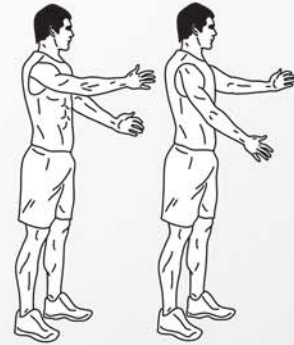
10 raised arm circles



10 arm extensions



10 arm scissors



10 scissor chops