



3 sets of 10-15

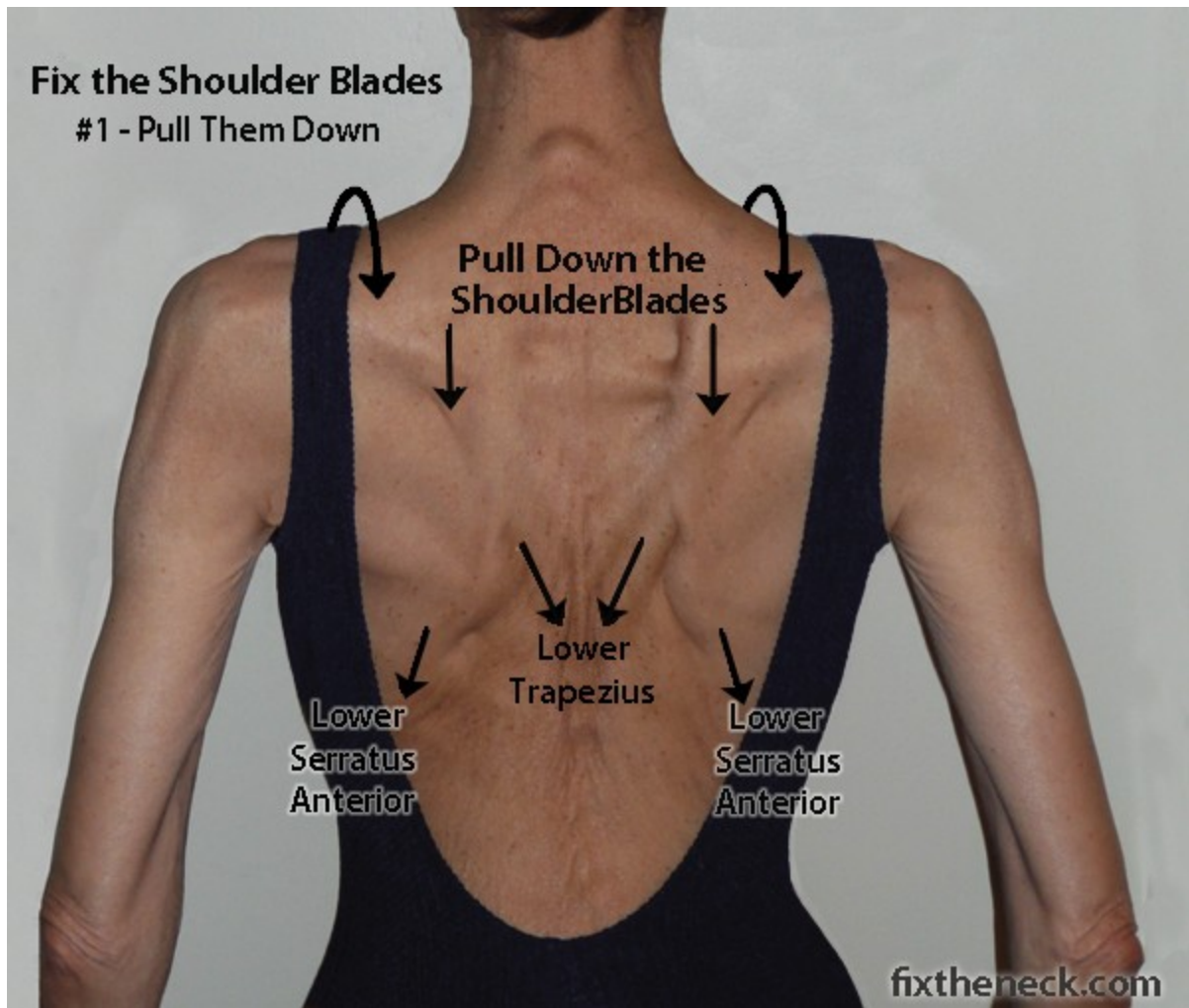


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Fix the Shoulder Blades

#1 - Pull Them Down



Dumbbell Shrug





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