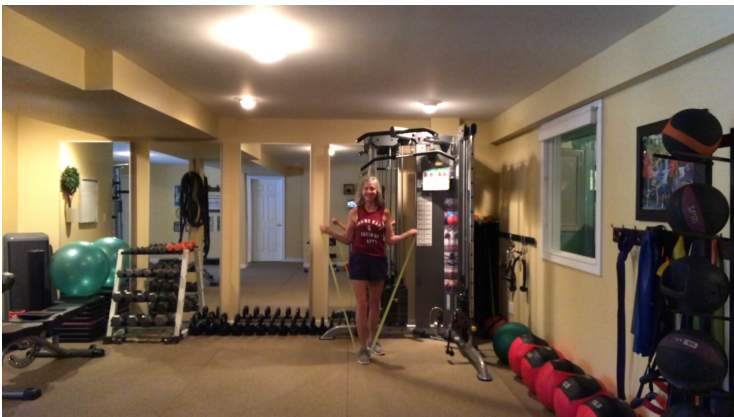


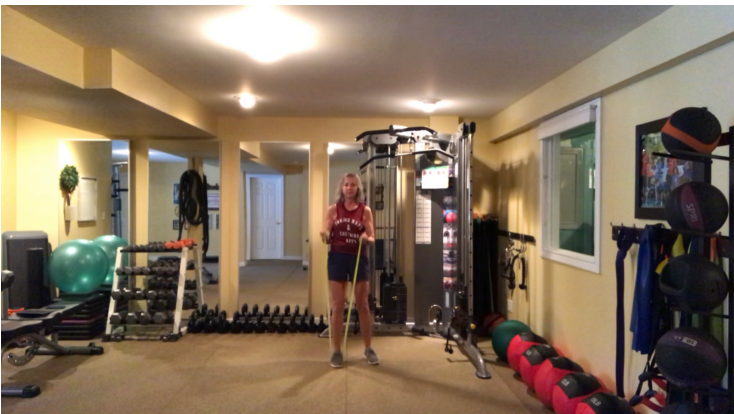
High Rep Biceps Workout



Close grip biceps curl



Outside biceps curl



Biceps curl