

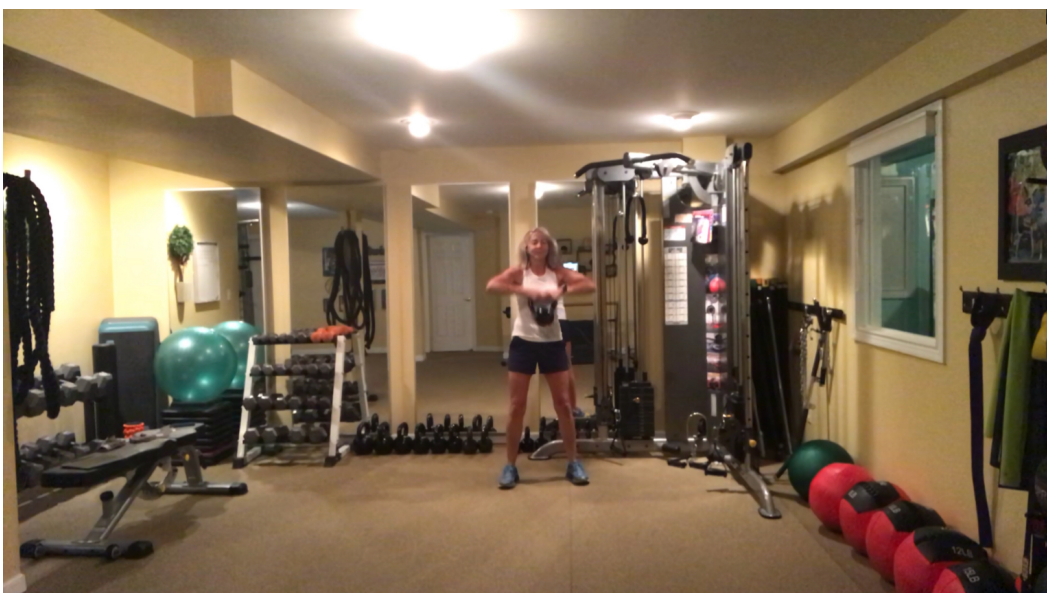
Arm Day!



Biceps curl



Sit up w/ biceps curl



Upright row