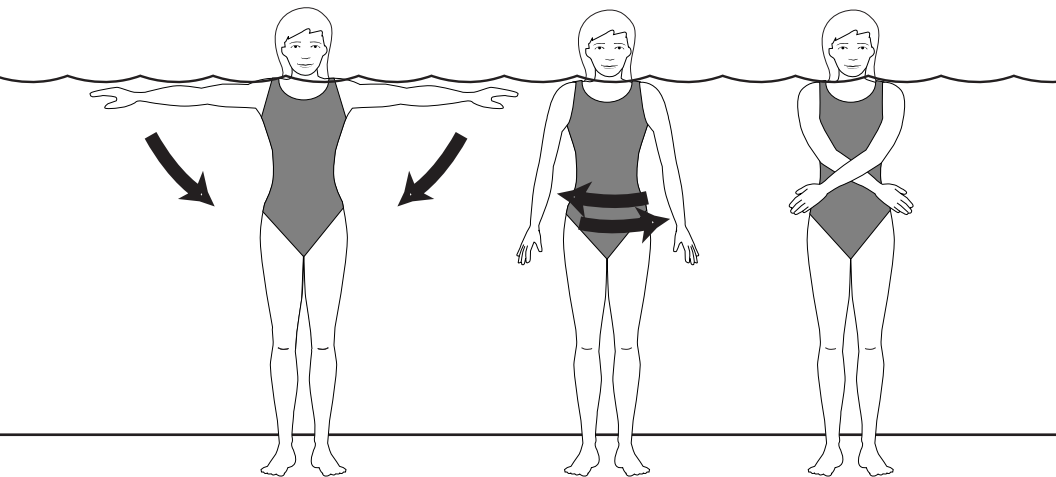


SHOULDER 10

CROSSES IN FRONT



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H O L D

R E P E A T

P E R W E E K

_____ SECONDS

_____ REPS _____ SETS _____ TIME

_____ TIMES