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			WORKSHEE	T • X2 SH	OULDERS	+ ARMS
	DATE / WEEK					
	Warm-Up					
ROUND 1	01. Balance Curl	RW	RW	RW	RW	RW
	02. Arnold Press (Alternate Arms)	RW	RW	RW	RW	RW
	03. Overhead Tricep Pull	RW	RW	RW	RW	RW
	04. Six Direction Shoulder Fly	RW	RW	RW	RW	RW
	05. Crazy Eight (Alternate Arms and Feet Every 8 Reps)	RW	RW	RW	RW	RW
	06. Y-T Fly	RW	RW	RW	RW	RW
	07. Rocket Launcher Tricep Kickback	RW	RW	RW	RW	RW
			Water Break			

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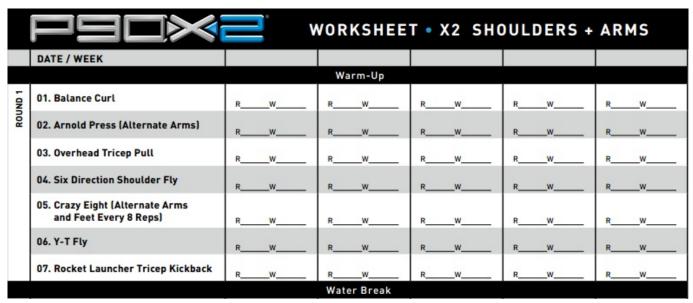


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