

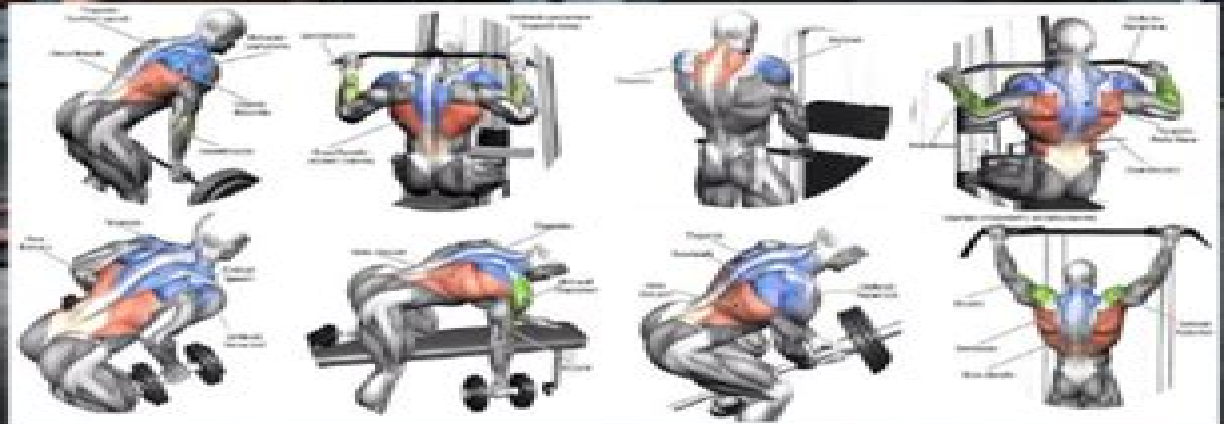
GYM PROGRAM ANIBAL

DIA 1 : BICEPS & ESPALDA (eligió 4 ejercicios y hacer 3 series de 15 , 12 ,10)



BICEPS

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Gym Manual Exercise

Mike Fisher

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