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Up Bar Chin Up Bar Golden Eagle Duration 2

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Iron Gym Bench 3x3 Bench With Grip In 1 Finger 2

Board Press 3x6 Lat Pulldown (Neutral Grip Mag Bar)

3x8 3:3 Tempo Superset Snatch Grip Shrugs 3x8 3 Sec

Iso Superset Tri Fold Ins 4x8 DB Curl (ladders Up To 5)

2 Rounds Underhand Band Pull Apar Apr 12th, 2024.

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