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Rosie Zoom 12-8-21



Rosie Zoom 12-1-21

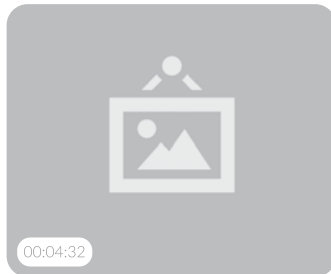


Rosie Zoom 11-1-21
full bc

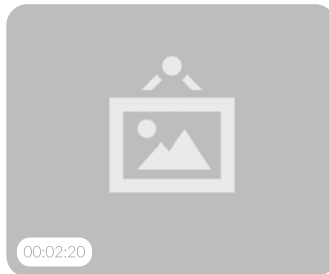


Upper body, Shoulders + Arm Focus

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Biceps Series: Split stance w
rotation - 2 varied sets



Tricep + Butt Series: 2
Metabolic

ABOUT CONNECT

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LET'S CHAT

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