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| Morgan (Session 1) | | |
| **Bicep** | **Triceps** | **Shoulder** |
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| Lazar (Session 1) | | |
| **Bicep** | **Triceps** | **Shoulder** |
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| Morgan (Session 2) | | |
| **Bicep** | **Triceps** | **Shoulder** |
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| Lazar (Session 2) | | |
| **Bicep** | **Triceps** | **Shoulder** |
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| Morgan (Session 3) | | |
| **Bicep** | **Triceps** | **Shoulder** |
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| Lazar (Session 3) | | |
| **Bicep** | **Triceps** | **Shoulder** |
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