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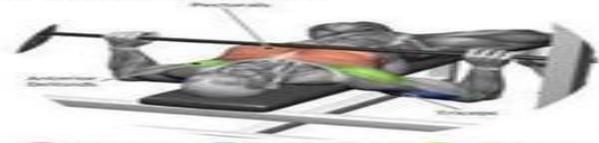
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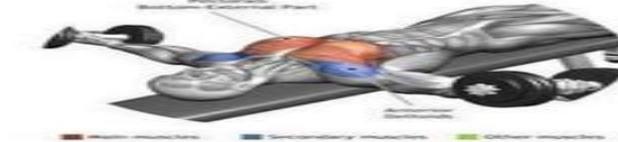
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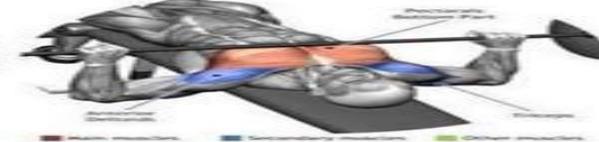
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Primary muscle: Pectoralis major, Secondary muscle: Triceps, Other muscle: Anterior deltoid



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Chest Workout Guide

M Lipman



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