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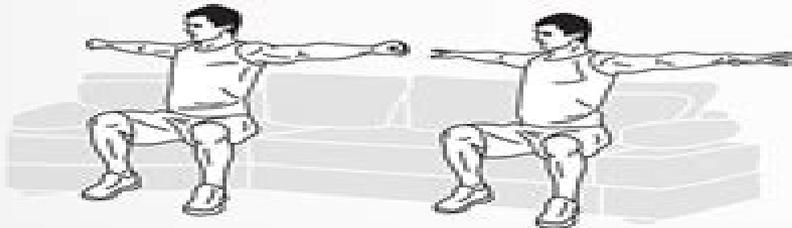
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20sec overhead clench / unclench



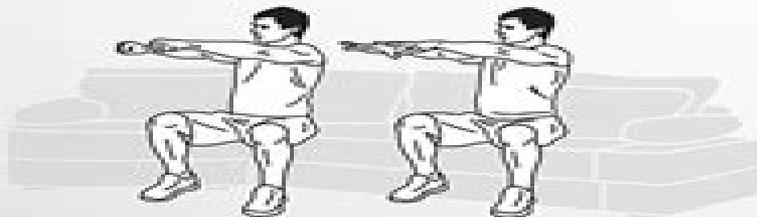
40sec overhead hold



20sec to the side clench / unclench



40sec to the side hold



20sec to the front clench / unclench



40sec to the front hold

The Couch Potato Workout

Ensheng Dong



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