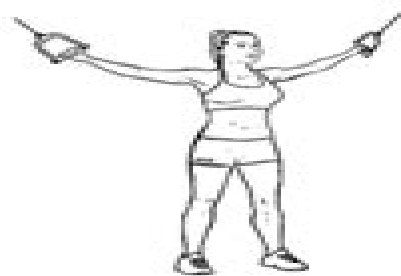


PRINTABLE WORKOUT

Back/Shoulders/Chest



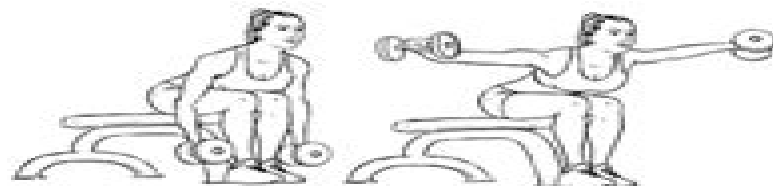
Cable Upright Row
3 sets / 10 reps



Standing Cable Crossover /
Fly
3 sets / 10 reps



Seated / Low Cable Row
3 sets / 10 reps



Seated / Bent Over Rear
Delt Raise
3 sets / 10 reps

Shoulders Back Chest

Ying Liu



Shoulders Back Chest:

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