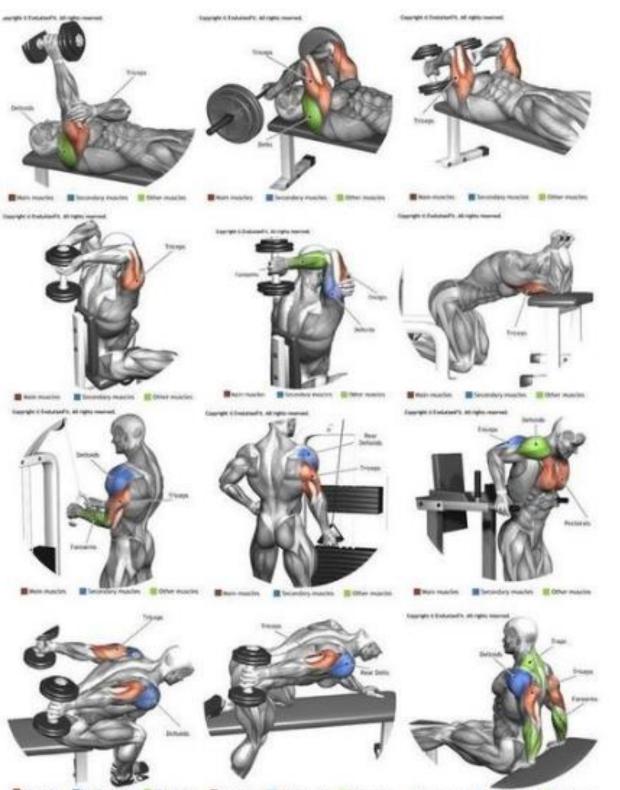
Tricep/Shoulder/Chest . Exercises



🖬 Main machts 📓 lenindary rhaithts 🔡 littler maarim