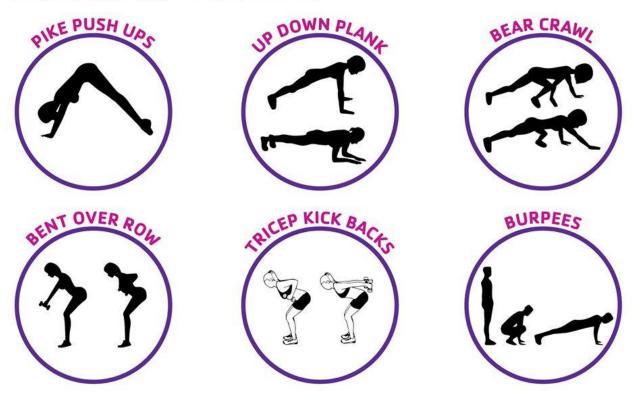


UPPER BODY MINI SERIES

Take a few minutes out of your day to check out this upper body workout! Complete each exercise for **30 seconds** and then repeat the circuit **3-5 times** for a complete upper body workout! Have fun!





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