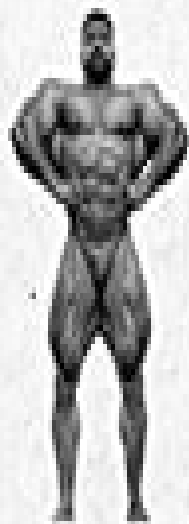




FRONT DOUBLE BICEPS



FRONT LAT SPREAD



SIDE CHEST



SIDE TRICEPS



REAR LAT SPREAD



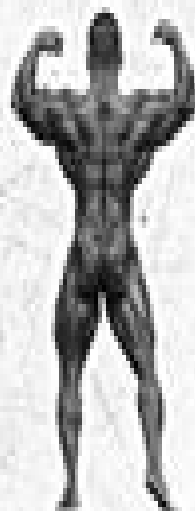
REAR DOUBLE BICEPS



MOST MUSCULAR



ABDOMINAL AND THIGH



BACK DOUBLE BICEPS

MANDATORY POSES MEN'S BODYBUILDING



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O García

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