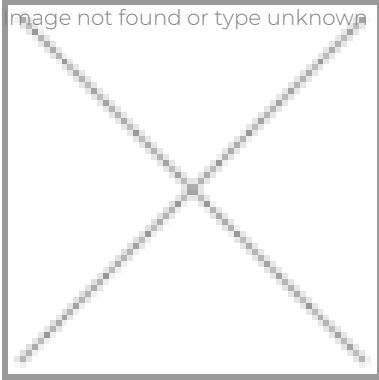


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INSTRUCTIONS

ON DEMAND WORKOUT: STRONGER & STRAIGHTER ARMS

CATEGORIES: On Demand Workout, Power, Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/on-demand-workout-stronger-and-straighter-arms/>

Equipment Needed: Dumbbells OR Loop Band

Arms

Back

Chest

Core

Turns

Upper Body
