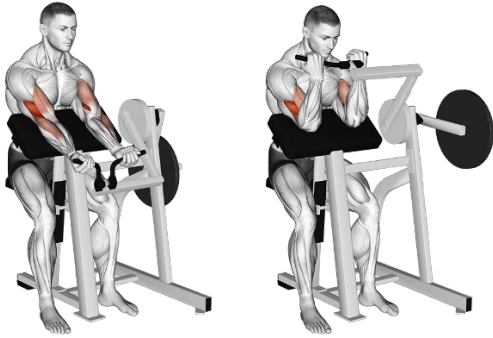


Category: Training

BEST EXERCISES FOR MASSIVE ARMS

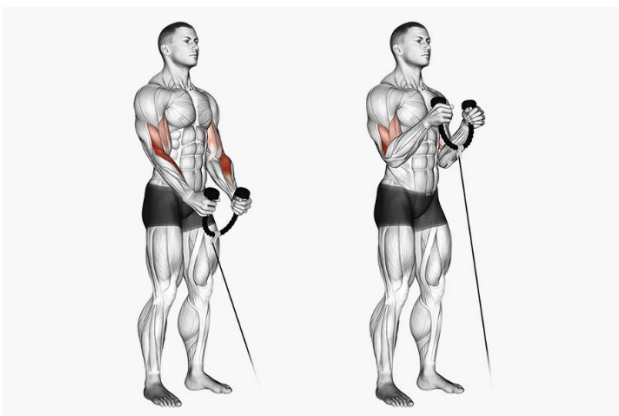
BICEPS : MACHINE PREACHER CURLS



TRICEPS : OVERHEAD CABLE EXTENSION



BRACHIALIS : CABLE STRAP HAMMER CHURL



SOURCE : N1 TRAINING

**BEST REGARDS
SAUMIL SETHI**