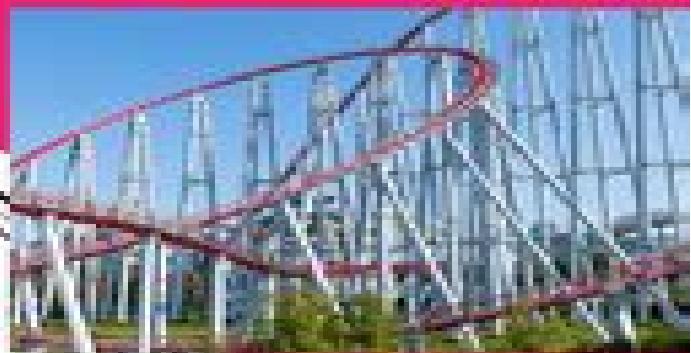
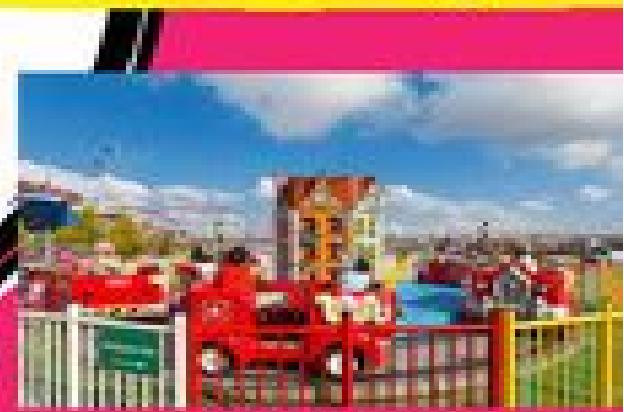


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your upper body even though it might not feel the same as say a shoulder press