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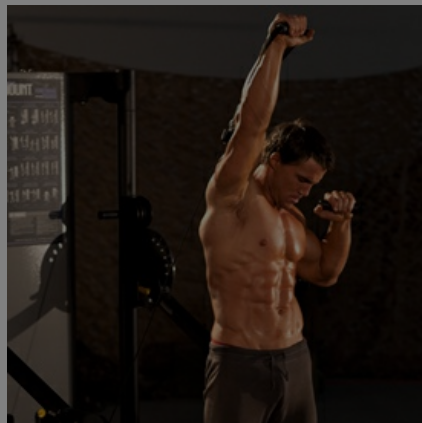
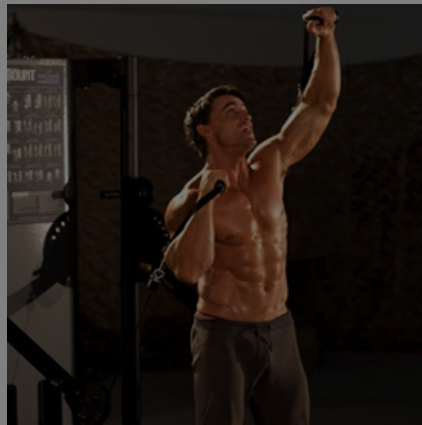
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ALTERNATING CABLE SHOULDER PRESS

IN DELTOID(SHOULDERS) WORKOUTS, WORKOUTS - ON 01:12 - NO COMMENTS

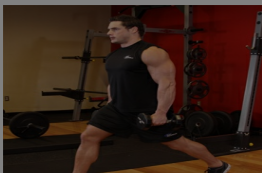


- GRASP A LOW TO MID-HEIGHT CABLE IN EACH HAND AT COLLAR HEIGHT.
- FIRE YOUR RIGHT DELTOID AND EXTEND THE RIGHT ARM OVERHEAD TO LIFT THE WEIGHT TOWARD THE CEILING.
- RETURN TO THE START POSITION AND REPEAT FOR THE OTHER ARM.

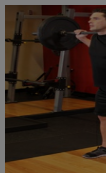
- REPEAT FOR ALL REQUIRED REPS

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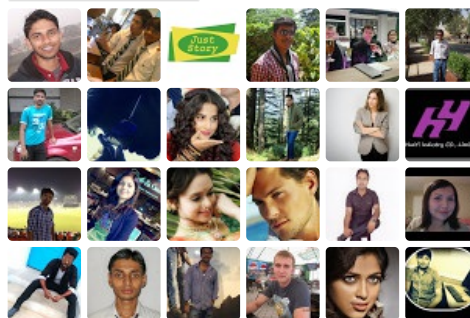
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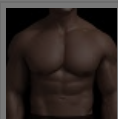
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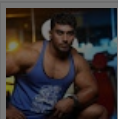
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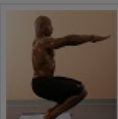
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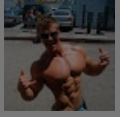
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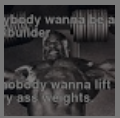
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