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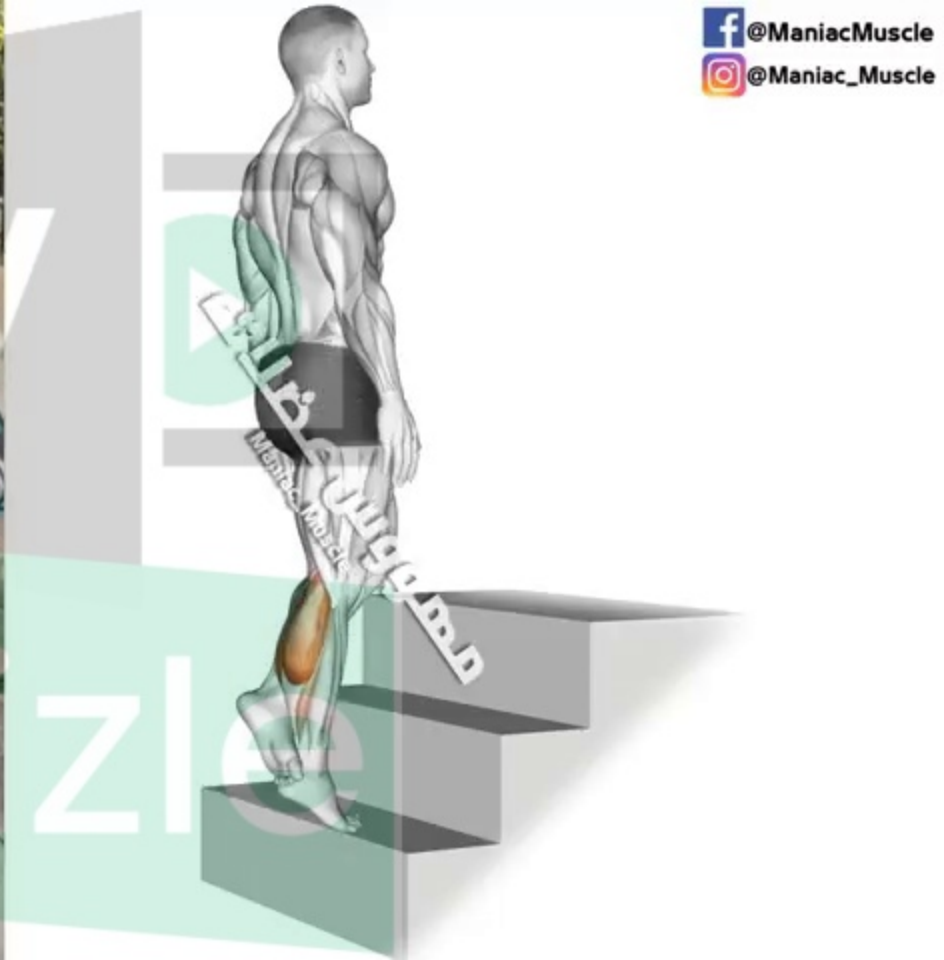
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 @ManiacMuscle  
 @Maniac\_Muscle









مهووس العضلات  
Maniac Muscle

## Donkey Calf Raise

3 Rounds | Repeat 10-12 | Rest 30 sec

3 جولات | تكرار 10-12 | الراحة 30 ثانية



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