

AT Builders

HHS

4's

R... L... R... L... R

2's

R... L... R... L... R

1's

R... L... R... L... R

421 Massive Muscles

R 1 r L r 1 R 1 r L r 1 R R L L R R L L R R L L R R L L R 1 r L r 1 R R L L R R L L

R 1 r L r 1 R R L L R R L L R 1 r L L R R L r 1 R R L L R 1 r L L R R L r 1 R R L L R