

A man with a beard and short dark hair, wearing a dark green tank top, is performing a barbell shoulder press in a gym. He is holding a barbell across his shoulders with both hands, and his arms are extended upwards. The background shows gym equipment, including a rack and weights, with a hexagonal pattern overlay on the left side.

## *Upper Body Workout:*

*Build Your Arms,  
Shoulders and Back*

# Upper Body Beautiful

**Judd E. Hollander**



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