

YORK

I



2 Seated press behind neck
Flexions derrière le cou — position assise



3 Wide grip shoulder shrug
Haussement des épaules avec prise large



4 45° wide grip upright rowing
Rowing à 45° en prenant debout — prise large



5 Standing curl
Flexions vers le haut

7-15 EXERCISES WITH GRIPPING BARS



7 Medium grip upright rowing
Rowing avec prise moyenne en position debout



8 Seated regular grip press
Développé assis avec prise normale



9 Upright rowing
Rowing en position debout



10 Standing curl
Flexions vers le haut



12 Standing curls
Flexions debout — poignées vers le haut



13 Lying triceps extension
Extension des triceps en position couchée



14 Tricep extension behind neck (seated)
Extension des triceps derrière le nuque (position assise)



15 Standing curl
Flexions vers le haut

SAMPLE OF EXERCISE PROGRAM F

York Dm240 Manual

John Sherman Porter



York Dm240 Manual:

Moody's Manual of Investments John Sherman Porter, 1957 American government securities 1928 53 in 5 annual vols
v 1 Railroad securities 1952 53 Transportation v 2 Industrial securities v 3 Public utility securities v 4 Government securities
1928 54 v 5 Banks insurance companies investment trusts real estate finance and credit companies 1928 54 **Linguistics**
,1985 An interdisciplinary journal of the language sciences varies *Guide to Reprints* Albert James Diaz, 2001

Bowker's Law Books and Serials in Print ,1984 **Subject Catalog** Library of Congress, **Subject Catalog,**
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