

Bench Press



Resisted Abdominal Crunch



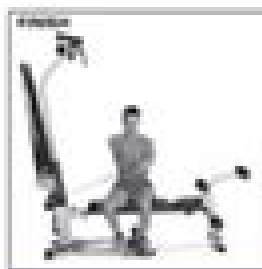
Decline Chest Fly



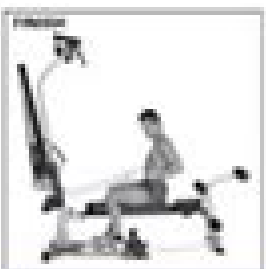
Seated Shoulder Press



Seated Trunk Rotation



Seated Lat Row



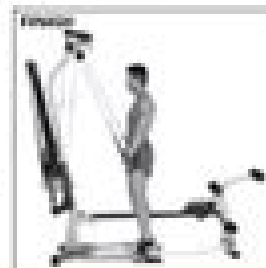
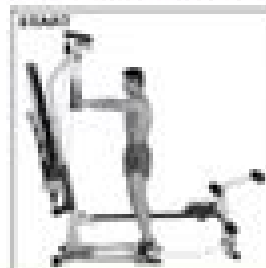
Lat Pulldown



Tricep Pushdown



Stiff-Arm Pulldown



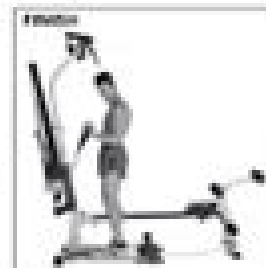
Standing Bicep Curls



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Standing Wrist Curl



Workout Guide For Bowflex Xtreme Se

Clemens Wendtner

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