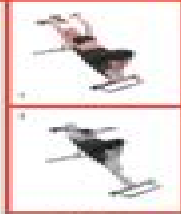


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Arm Pullover



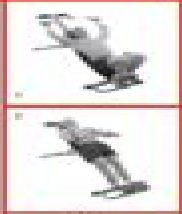
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Butterfly



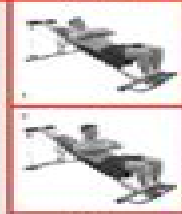
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Cardio Pull



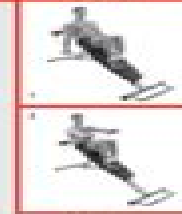
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Abdominal Crunch



MOVES
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Front Deltoid Raise



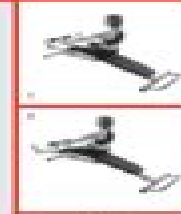
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Glute Stretch



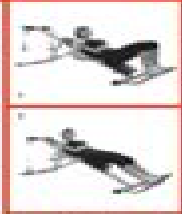
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Hip Adduction



MOVES
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Squat



MOVES
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Hurdle Stretch



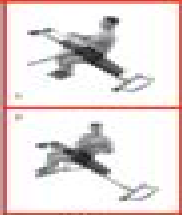
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Kneeling Kickback



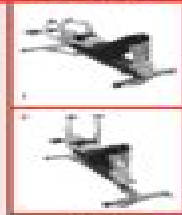
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Outside Twist



MOVES
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Twisting Extension



MOVES
1 2

Lunge



MOVES
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One Leg Squat



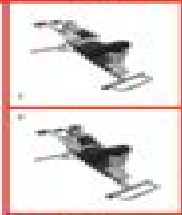
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Pull Up



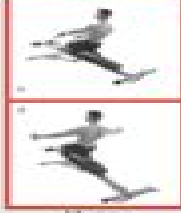
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Footy Air Crunch



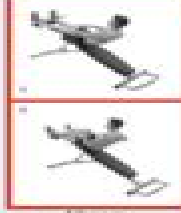
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Rear Deltoid Raise



MOVES
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Rowing



MOVES
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Seated Bench Press



MOVES
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Seated Curl



MOVES
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Seated Row Pull



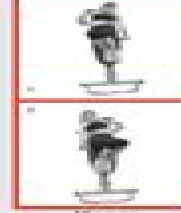
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Seated Row



MOVES
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Side Bend



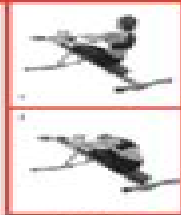
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Twisting Squat



MOVES
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Stretcher



MOVES
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Side Pull



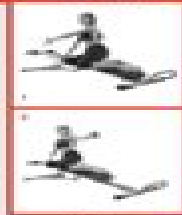
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Crossover Pull Feet Down



MOVES
1 2

Crossover Pull Feet Up



MOVES
1 2

Toe Raise

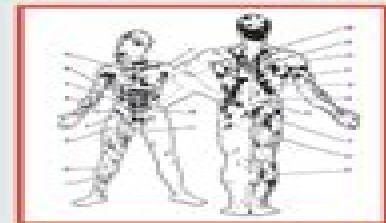


MOVES
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Founder, **Weider Health & Fitness**

MUSCLE CHART

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THE TOTAL BODY STRENGTH TRAINING BENCH

Weider The Complete Body Works Workout Guide

Rachel S Tattersall



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FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations

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<https://ftp.barnabastoday.com/data/Resources/Documents/uc2%20carel%20controller%20manual.pdf>

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