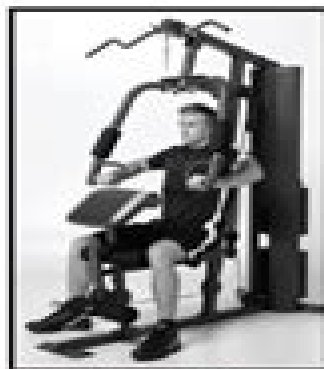




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MUSCLE EMPHASIS: LATISSIMUS DORSI



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HIGH PULLEY AB CRUNCH
MUSCLE EMPHASIS: ABS/COAS



SEATED LEG EXTENSION
MUSCLE EMPHASIS: QUADRICEPS



LEG CURL
MUSCLE EMPHASIS: HAMSTRINGS



OUTER LEG KICK
MUSCLE EMPHASIS: OUTER THIGH



LEG KICK BACK
MUSCLE EMPHASIS: GLUTES/LEG



INNER LEG KICK
MUSCLE EMPHASIS: INNER THIGH



FRONT DELTOID RAISE
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Home Gym Exercises Guide

G Psacharopoulos



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