WEIGHT SYSTEM EXERCISE GUID

BIENCH PRESS

58 on the seat and hold the handless with an eventual pip. Name pour effects as shown. Keep plur back should be shown your arms findum to the starting position.

ANULTEARY PRESS

Adjust the system as required for the exemples. Sit of the lead and group the arms with an exemptor group. Knopping your back shappy, fully extend your arms. Maturn to the starting position.

Managhan affinition to G. R. S.

SE BUTTOMFLY

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Microsoftein administration (III. 1).

GALF NAME

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Musician effected N. K.

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Missestern afflorited: NJ, 1, 16, 161

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Michigan Manhael (b. K. M.

WERTICAL KNIEE RABIE

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Managine official at 16 M

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Muscles officials B. L. O. A. O. R. S.

PULL-UP

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alternated from hard year arrows as
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Managine affected C. E. C. P. B.

TO PREACHER CURL

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I dust the last last foreigns your shoot. Statute to the starting pools

Managhes officered C. E.



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Management of Section 2 (4), 16, 16, 16

LEG EXTENSION

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LEG CURL

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AB CRUWCH

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Michigan afficiency M.

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Managhan affectivel; E. R.

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Monoton affected S. P. R. S.

LAT PULL-DOWN

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Museum affected C. E. P. S.

10 TRICEPS EXTENSION

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Managine officered E. P.

CROSSOVER FLY

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Muscles officials II. C. P.

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Michigan official Co. C. M.

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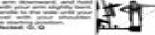
Manufest of Section 5, 12



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Musician affectivel; C. E. L. O. P. O.

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Peter Carlsen, William Wilson

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