

Brachioradialis
Brachialis
Biceps brachii
Posterior deltoid
Rhomboids (deep)
Middle and lower trapezius

Teres minor
Teres major
Infraspinatus
Latissimus dorsi

Levator scapulae

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Guide To Muscles That Weight Machines Work

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you how to save money choose the right stateroom ship and itinerary and how to get to and from your cruise with ease

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Halphen,2016-01-05 Describes the amenities and destinations of a Disney Cruise Line vacation *The Men's Health Guide*

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United States Naval Institute Proceedings
United States Naval Institute,1909

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