

A man with a beard and a blue headband is lying on a bench, performing a bench press. He is wearing a black t-shirt and black shorts with red trim. He is lifting a large black weight. The background shows a gym with various equipment. The text "MAX EFFORT UPPER WORKOUT" is overlaid on the right side of the image in large, bold, yellow and white letters.

MAX EFFORT UPPER WORKOUT

Max Workout Manual

R. F. Schamann

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Adjutant-general's office, 1925 **Engineer Training Manual. U.S. Army** United States. Army. Corps of Engineers Board

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