



Crunches



Leg Raises



Flat Bench Press



Shoulder Press



Leg Extension



One Arm Dumbbell Row



Bicep Curls



Push Ups



Rowing



Decline Crunch



Back Raise



Resistance Band Pulls



Dumbbell Front Raise



Sit Ups



Bench Dips



Multi Purpose Bench Exercises Guide

IM Harris



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NSCA's Guide to High School Strength and Conditioning Patrick McHenry, NSCA - National Strength & Conditioning Association, Mike Nitka, 2022 NSCA's Guide to High School Strength and Conditioning equips you to deliver the highest quality strength and conditioning program in the high school setting whether you are a strength and conditioning professional physical education teacher sport coach or administrator

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