



# WEIGHT BENCH WORKOUT



Crunches



Leg Raises



Flat Bench Press



Shoulder Press



Leg Extension



One Arm Dumbbell Row



Bicep Curls



Push Ups



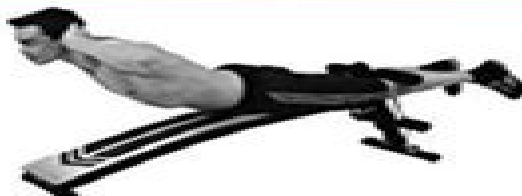
Rowing



Decline Crunch



Back Raise



Resistance Band Pulls



Dumbbell Front Raise



Sit Ups



Bench Dips



# Multi Purpose Bench Exercises Guide

**Liyong Dong**

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

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