



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

Calvin Milton Woodward



Multi Purpose Bench Exercises Guide:

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The Manual Training School Calvin Milton Woodward,1887

Suggestions Concerning the Teaching of Manual Training and Mechanical Drawing with Typical Courses of Study as Found in Certain Texas High Schools Texas. State Department of Education,Joseph Macfarlane Hall,1923

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