

SEATED BENCH PRESS



PECTORAL FLY MISCLE DWHALE PECTORIUS



TRICEP PUSH-DOWN MUSCLE ENPHAGES TRICEPS



WIDE LAT PULL-DOWN MUSCLE EMPHASIS LETISLINUS DORSE



SEATED BICEP CURL.



STANDING BICEP CURL



HIGH PULLEY AS CRUNCH



SEATED LEG EXTENSION MUSCLE EMPHASIS: QUARTICEPS



LEG CURL MUSCUL EMPHASIS HAMITHINGS



OUTER LEG KICK
MINGLE EMPHASIS OUTER THICK



LEG KICK BACK, MUSCLE EMPHRES GLITTIFICE



INNER LEG KICK MUSCLE EMPHASIS WHEN THISM



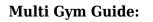
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UPRIGHT ROW MISCLE EMPLANE DECTROL/TRAMEZER

Multi Gym Guide

M Lipman



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