# WEIGHT SYSTEM EXERCISE GUID

#### BIENCH PRESS

58 on the seat and hold the handless with an eventual pip. Name pour effects as shown. Keep plur back should be shown your arms findum to the starting position.

### ANULTARY PRESS

Adjust the system as required for the exemples. Sit of the lead and group the arms with an exemptor group. Knopping your back shager, fully extend your arms. Maturn to the starting position.

Managhan affinition to G. R. S.

#### SE BUTTOMFLY

Six on the sead and place your arms on the bullerity arms as alread. Press the bullerity arms beyond pack other until the peaks breach. Property by the starting

Microsoftein administration (III. 1).

#### GALF NAME

Final the function with an overhand grip. Keep prior arms at your sales and the up-on your time so far as properties. Property to the otherway pro-

Musician effected N. K.

#### DE INCOME

mind the franches with an overland gran, and etcapition your large. Street family your wags as shaken. So, has also your force tack to put away, there the account family to the surprising your

Missestern afflorited: NJ, 1, 16, 161

#### S ALTERNATE LEG MAISE

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Michigan Manhael (b. K. M.

#### WERTICAL KNIEE RABIE

transfer short arms with your back to the pyratem and your arms supporting your weight. Drively hasse your known as high so they will go. Keep your been pointed and arout heinging your legs. Return to the starting asseture.

Managine official at 16 M

### CE ASSISTED OF

Select the desired weight setting from the desired water and poor setting and poor setting or the party and a strong to setting or the party and the setting of the party and the setting of the setting

Muscles officials B. L. O. A. O. R. S.

### PULL-UP

Strange the product benefits as arrows.
Linear year block and year arrow are
already. Showly had seen book to sell

Managine affected C. E. C. P. B.

#### TO PREACHER CURL

DR per the seed and real play before its the out past their the let but with an hand girls and extend your arms.
I dust the last last foreign your should filedown to the starting possible

Managher officered C. E.



Sit on the seat and place your feet on the grees plats as shown. Press for word until place tops one fully extended. On not took your knees. Refurn to the

Management of Section 2 (4), 16, 16, 16

#### LEG EXTENSION

Sit on the past and position you had under the pasts on the top trees. Have the tag tever until pour tags are already. Resture to the starting pre-

Missessifiers and exception by

#### LEG CURL

Shard with the back of one leg-testing against one of the pasts on the leg-testing share. States the leg-testing plut leg-sh shares. Resturing the state one page leg-shares.

Ministrania artistation (M.

#### AB CRUWCH

Attach the ab attage to the ab colin-legal the ab prope over your shoul-ders. Lase forward bending at your want and hasping plot back streight

Michigan afficiency M.

### TRICEPS PRESS DOWN

Asserts the lest take to the high custom. Facility the system, hold they led has with an experient grip. Vising your attempts. Maken to the starting proption

Managhan affectivel; E. R.

#### 10 STIFF ARM PUSHDOWN

Comment the last last to this high-capture, include the last last with an overhand gray, year frames schools within again. Self-spool residence shipping bank, push, the last last shipping bank, push, the last last shipping pass high, flashum to the statemy passition.

Monoton affected S. P. R. S.

### LAT PULL-DOWN

Short the let hat to the high cable. So facing the system, extend your arms up, and relative the small of the lat has with an investment grap. I'vel the lat has done in found of your lines. Resum to the state.

Museum affected C. E. P. S.

#### 10 TRICEPS EXTENSION

Attends the left been to the high custom. Bit on the seed and from the fill har observe your feeds with your attends bank of the plant appear areas established a deadly straightfor plant areas. Balancian, straightfor plants.

Managine officered E. P.

### CROSSOVER FLY

Actuach the hamilies to the cuttien. Colored your gome and hold the hamilies as always. However, pure begind others are always. However, pure to be stronged and put the hamilies suggested in first of you in a hugging matter. Substant to the starting produces.

Managine although the L. C. S. S.

#### 20 BACK EXTENSION

Attention the last has been true true trades. Six on the Store and house the last has been applied your cheed as above. However, your basis sprought and been black at pour enter. Results to the starting pour

Marketten affincted: T



Albert, the lot for to the line paties Bland plus brease and finite file (at the with an inspring plus small half file legs, freezing plus small and facility strength, and plus heading. Salars to the stating position.

Museline affected; E. M. Y. Y. W.

#### PARE SHOW MENO

Attach the handle to the line cable. Shared inchesion, subsent one arm discremental and hald the handle Keep plant and make the handle Keep plant and a plant side and based to the side as phoses. Notice to the starting

Michigan official Co. C. M.

### SHOULDER SHRUG

Attach the left for to the time solds. Colored your arms themselved and hotel the of ter with an assistant grip. Keep structure of your soles. Strong your Photographs the their selections provides

Muscles officials II. C. P.

#### FOR OWERHEAD EXTENSION

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Microsoften affinishment (E. M.

#### FE ISOLATION CURL

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Manager Afficiation C. B.

### FOR PROMIT KICK.

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Microsoften afficienced, F. G., N. H.

### NO. HIERO, ROCK

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Managhan attended to W. H.

### 28 HIP ADDUCTION

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Management of Section 1999

#### POT HIP ADDICE THOM

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Manufest of Section 5, 12

### SIG STANDING CURL

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Attach a handle to the line cable. Stand sciences, extend one are downward and facilities the handle Rigins the handle to the talk until your hand in level with pour physical Resigns to the standing position.

#### BR BENT LATERAL RAISE

Affairst the handle to the tow called transf estimates and lained forward, and not are firmment, and half the handle with your are slightly bent. Name the handle to the sale and your land is senal with your steady as



In the last had be the few our Extend both arms discrevered and hord for lat for with an exectional grip Kneeping your arms streight, name the felt than until your hatrids are level with point effections. Manages to the execuinstitut. Muscles affected: 5, P. O.

UPRIGHT NOW

Attach the out has at the loss colon-man the out has with an complaint grip. Lift the out has to your cheek them to the starting position.

Musician affectivel; C. E. L. O. P. O.

#### SEE BEINT ROW

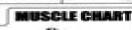
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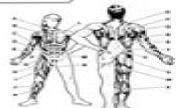
Married American C. C. C. P. G. S. F. Da

### SEATED NOW

Attigate the purities to the tree-colds. To on the filter and hold the purities with an openhand grip. But the out too temped your bilinearing and temperature filters in the storage position.

Managhan affinished C. E. G. F. Q. E. T.





Secretary Section 1

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penipuan yang mengaku agen intelijen diamankan di polsek tambora foto dok polsek tambora wa perempuan berusia 40 tahun ini dimabuk cinta dia rela menyerahkan dua sepeda motor miliknya ke pujaan hati yuda

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