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BODY WORKS PRO

ARM PULLOVER



MUSCLE
P.E.C.T.O.R.

BUTTERFLY



MUSCLE
A.B.S.

CARDIO PULL



MUSCLE
P.E.C.T.O.R.

ABDOMINAL CRUNCH



MUSCLE
A.B.S.

FRONT DELTOID RAISE



MUSCLE
A.B.S.

CRANK STRETCH



MUSCLE
P.E.C.T.O.R.

HIP ADDUCTION



MUSCLE
H.I.P.

SQUAT



MUSCLE
P.E.C.T.O.R.

MUSCLE STRETCH



MUSCLE
H.I.P.

KNEELING KICKBACK



MUSCLE
H.I.P.

OBLIQUE TWIST



MUSCLE
H.I.P.

TRICEPS EXTENSION



MUSCLE
H.I.P.

LUNGE



MUSCLE
P.E.C.T.O.R.

ONE LEG SQUAT



MUSCLE
P.E.C.T.O.R.

PULL UP



MUSCLE
P.E.C.T.O.R.

PULLEY AB CRUNCH



MUSCLE
H.I.P.

REAR DELTOID RAISE



MUSCLE
H.I.P.

ROWING



MUSCLE
P.E.C.T.O.R.

SEATED BENCH PRESS



MUSCLE
H.I.P.

SEATED CURL



MUSCLE
H.I.P.

SEATED HIGH PULL



MUSCLE
H.I.P.

SEATED ROW



MUSCLE
P.E.C.T.O.R.

SIDE BEND



MUSCLE
H.I.P.

TWISTING SQUAT



MUSCLE
H.I.P.

STRETCHER



MUSCLE
L.S.P.E.C.T.O.R.

SIDE PULL



MUSCLE
H.I.P.

CROSSOVER PULL FEET DOWN



MUSCLE
D.M.O.

CROSSOVER PULL FEET UP



MUSCLE
D.M.O.

TOE RAISE



MUSCLE
H.I.P.

TABLE OF MUSCLES

TABLE OF MUSCLES

MUSCLE CHART

TABLE OF MUSCLES

TABLE OF MUSCLES



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