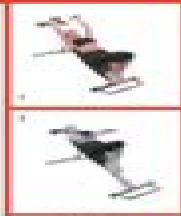


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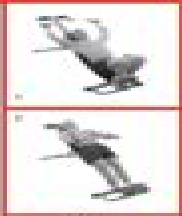
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Butterfly



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Cardio Pull



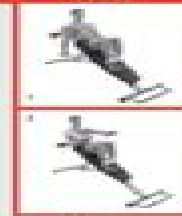
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Abdominal Crunch



MOVES
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Front Deltoid Raise



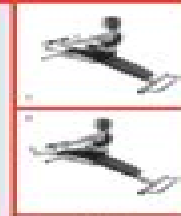
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Groin Stretch



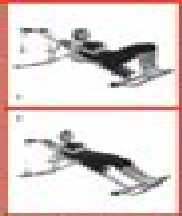
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Hip Abduction



MOVES
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Squat



MOVES
1 2

Hurdle Stretch



MOVES
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Kneeling Kickback



MOVES
1 2

Outside Twist



MOVES
1 2

Twisting Extension



MOVES
1 2

Lunge



MOVES
1 2

One Leg Squat



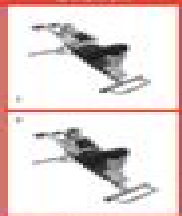
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Pull Up



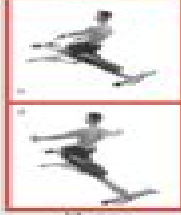
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Footy Air Crunch



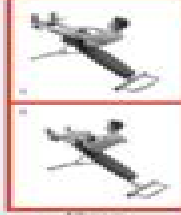
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Rear Deltoid Raise



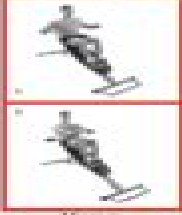
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Rowing



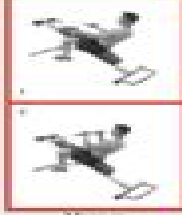
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Seated Bench Press



MOVES
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Seated Curl



MOVES
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Seated Row Pull



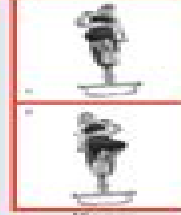
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Seated Row



MOVES
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Side Bend



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Twisting Squat



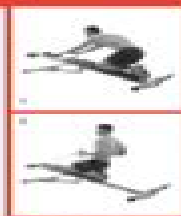
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Stretcher



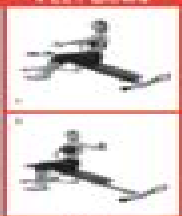
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Side Pull



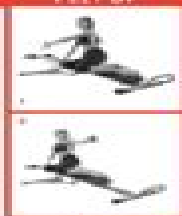
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Crossover Pull Feet Down



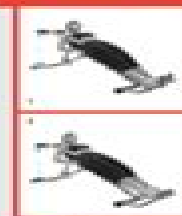
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Crossover Pull Feet Up



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Toe Raise

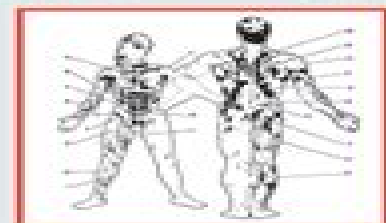


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THE TOTAL BODY STRENGTH TRAINING BENCH

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Michael Hoelscher



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Rose Army, 1996-06 Joe Weider's Ultimate Bodybuilding Joe Weider, Bill Reynolds, 1989-09-22 This massive and authoritative Master Blaster book is the greatest bodybuilding book ever written primarily because it is firmly based on the training principles of the Weider System of Bodybuilding which have been followed by literally every bodybuilder in the modern history of the sport I began developing my Weider System back in the 1930s and continue to refine and add new Weider Training Principles to it You can rely on the information I present in this book to improve your physique Good luck Joe Weider On Instinctive Training One of the most fundamental secrets of successful bodybuilding is getting to know your body

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

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