WEIGHT SYSTEM EXERCISE GUID

DENCH PRESS

Sit on the seat and hold the handless with an overhand grip. Raise your efficies as shown. King your back streight Fully extend your arms. Return

MILITARY PRESS

Adjust the system as required by the resources. If the first ment and groups the man with an execution of gray. Knowing and back straight buts actual your man. Return to the starting position.

Managine affected to G. W.

SE BUTTERFUY

for on the seed and place your arms or the bulletily arms as shown. Press the bulletily arms toward each other until the peaks bound. Planters to the starting

Manager and American St. 18.

CALF NAME

Fixed the handles with an overhand grip. Keep provi arms of your sides and the up-on your town as far as proceeding. Prompts to the sourtery power

Managine affected N. R.

DE BROWN

read the handles with an eventual gris, and straighten your large. Straighten your large. Straighten your large. Straighten your large that with the pull straighten your large. The pull straighten you large the pull straighten you large that the pull straighten your large that the pull straighten you large that the pull straighten your large that the p

Mississippe affloritant: NJ, 1, NJ, 981

GO ALTERNATE LEG PLAISE

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Microsoften of September 181, 47, 181

VERTICAL KNEE RARSE

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Monthler offended F. M.

ASSISTED OF

of the desired weight setting. Group the day turnibus, with your service places as shown. Strongs reading for the pasts are shown. Strongs toward your backs by the technique to the strongs are the strongs and the strong power of the time starting power of the strong power to the starting power of the strong power to the starting power to

Muscles effected B. L. O. F. O. H. S.

23 PULL-UP

Greek the putting handles as shown.

Managher afficient C. E. C. W. H.

FIX PREACHER CURL

Sit on the sead and real play arise on the surf part, Hold the let be with an hand grip and extend your arms.
I dust the fair timesed your shoot. Reduce to the starting pools

Managhar affected to \$1.40.



Sit on the sead and place your feet on the press place as shown. Press for said until your logs one Uty solended. On not took your trees. Violant to the

Management of Section 5 (4), 50, 50, 50

IF LEG EXTENSION

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Management authorized by

LEG CURL

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Management of State State Co.

AB CRUNCH

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Museum affinement M.

TRICEPS PRESS DOWN

Attach the let bir to the high cates. Facing the system, host the let be with an overhead pro-Ness your efficient chief to provi school. Preside the attempts flamous to the starting providen

Managine affected S. R.

10 STIFF ARM PUSHDOWN

Comment the tall four to the high-colors Colments that but have to the high cables, record the last bur with an overhead gray, your thereto strandow-width agrant. With your allowest stightly bord, push, the last best spreaded your legal. Plotters to the starting pression.

Managhan affragional II, P. R. B. B.

LAT PULL-DOWN

Athenia the last hear to the high custons the facing the system, extend your arms up, and have the unds of the let for with an investment grap. Pull the fet four down

Muscles offented C. E. P. S.

TENCEPS EXTENSION

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CROSSOVER FLY

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Managine advantage B. C. C. S.

NACK EXTENSION

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Waterbeen adhershed: T



Attach the fat that to the line paties Bland play findes and folial file fall fair with an commission play. Strangerish play flight, fixed play same, and fault straight, and play head up. Setum to the standing position.

Microsoften affendand: E. H. T. Y. W.

FOR BEND

Attach the hamde to the low settle. Shared in-Dewego, selected plea arm districtorial and hald the handle Keep prior arm at your table and bend to the sole as shown. Return to the starting

Microstope officerant Co. C. M.

SHOULDER SHRUG

Attach the let buy to the low sable. Extend your arms disensated and hold the let buy with an overhand grip. Keep array arms at your soles. Strong your strongware up as far an presiden. Pleburn to the starting position

Muscles official E. C. P.

CVERHEAD EXTENSION

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Microsoftes affinished S. W.

FEC ISOLATION CURL

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Managhas affinished: C. III.

FOR PROMIT RICH.

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Whenches affections in Co. 10, 10, 11

NY HEEL NICK

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your log back as shown. Resum to the
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28 HIP ADDUCTION

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SE LATERAL RAISE

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BOX BENT LATERAL RAISE

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FEODN'T FLASHE

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UPRIGHT NOW

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there is the starting position.

Moreover affectives C. E. L. O. P. O.

STATE BROWN PROPERTY

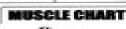
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Married affective C. E. G. P. G. S. T

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Museline attention C. S. O. F. O. S. T.





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