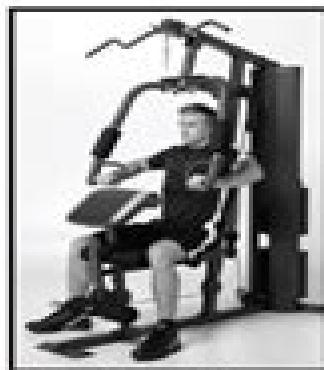




SEATED BENCH PRESS
MUSCLE EMPHASIS: PECTORALIS



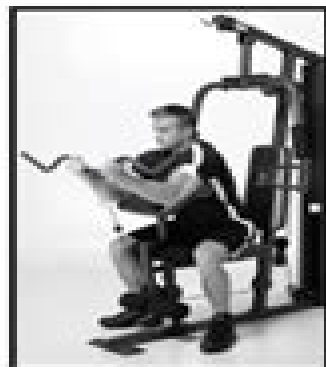
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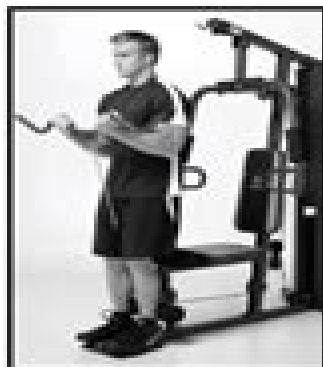
TRICEP PUSH-DOWN
MUSCLE EMPHASIS: TRICEPS



WIDE LAT PULL-DOWN
MUSCLE EMPHASIS: LATISSIMUS DORSI



SEATED BICEP CURL
MUSCLE EMPHASIS: BICEPS



STANDING BICEP CURL
MUSCLE EMPHASIS: BICEPS



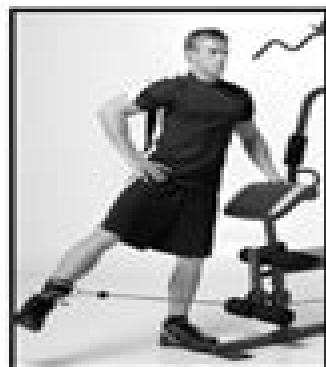
HIGH PULLEY AB CRUNCH
MUSCLE EMPHASIS: ABS/COAS



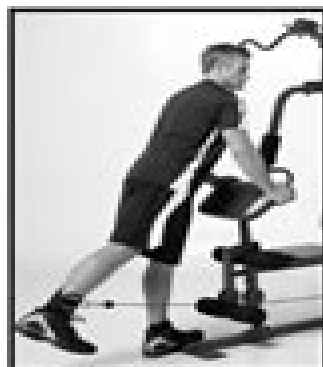
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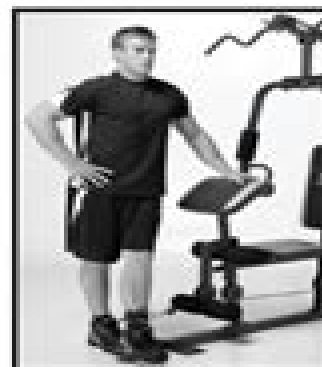
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FRONT DELTOID RAISE
MUSCLE EMPHASIS: FRONT DELTOIDS



UPRIGHT ROW
MUSCLE EMPHASIS: DELTOIDS/TRAPEZIUS

Home Gym Manual Exercises

Katrin Zwirgmaier



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