WEIGHT SYSTEM **EXERCISE GUID**

DENOMPRESS

Sit on the seat and hold the handles with an complaint grip. Rates your effective as shown. Knop your back strengts Fully-selected your arrow. Refurn

PRODUCTIONS

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SE BUTTERFUY

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Management administrator (B. S.)

CALFRANK

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Manufact officient H. R.

DE BROWNE

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Minimples officialist (4), 1, 14, 161

ALTERNATE LEG MAISE

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Microsoften of Section 5 (b. 8), by

VIERTICAL KNIEE PARKE

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Moreoviers officerised if he

SE ASSISTED OF

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Manufain officialist, St. L. O. A. G. R. S.

2 PULL-UP

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Managhest affinement (C. R. C. R. H. S.

18 PREACHER CURL

ethanic grip and extend your arms. Very cart. See list lost treesed your change, Blackgrow to their interfering providings.

Managhan officialist C. E.



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Managhan affectant in N. W. St. R.

191 LEG EXTENSION

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Musicipa official in

LEG CURL

Stand with the back of one key testing against one of the pasts on the leg-sons. Have the key were by barriery your tag as shown. Has no to the start-ring process.

Management of Statement 1991

AB CRUNCH

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Musicilian afficiency W.

TRICEPS PRESS DOWN

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Muscley offscient S. H.

10 STEF ARM PUSHDOWN

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Managine affective S. P. R. S.

LAT PULL-DOWN

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Museum influence (C. H. H. H.

TRICEPS EXTENSION

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Manager official at 15, 16

CHOSSOVER FLY

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Managines administrate B. C. C. B.

20 BACK EXTENSION

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Marketten afficient T



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222 SHOE BENO-

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Management of Production C. C. M. 140

PGT SHOULDER SHRUG

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Managines of September 15, 40, 47

CWERHEAD EXTENSION

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Moraches officialed E. W.

FEE ISOLATION CURL

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Managine affective C. E.

FOR PROMIT RICH.

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Whendries affections 5, 65, 74, 11

NO HEEL KICK

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Managines of Section 5 (4, 76) 191

THE ADDRESS OF

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Michigan without the C. W.

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Managine affected it. 10

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Married official C. E. O. P. G. S. T

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Muscles affected C. S. O. F. G. S. T.



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Brendan G. Carr

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