



Crunches



Leg Raises



Flat Bench Press



Shoulder Press



Leg Extension



One Arm Dumbbell Row



Bicep Curls



Push Ups



Rowing



Decline Crunch



Back Raise



Resistance Band Pulls



Dumbbell Front Raise



Sit Ups



Bench Dips



Multi Purpose Bench Exercises Guide

Karin Nielsen-Saines



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