

Exercise Chart

[illegible]

Two athletes in blue and orange uniforms are shown in a hurdle drill. They are in a low, wide stance, with one leg extended forward and the other back, positioned as if they have just cleared or are about to clear a hurdle. The background is a plain, light-colored wall.

Two athletes are shown on rowing machines, likely in a gym or training facility. They are both wearing dark athletic wear and are in the middle of a rowing stroke. The machine they are using has a long, dark frame with a seat and a footplate. The background is a plain, light-colored wall. Springer

Gym Exercise Guide

F Rizvi



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