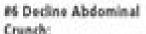
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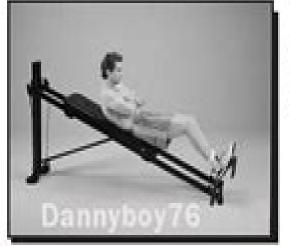


Unhook arm pulley cable.

Attach wing accessory.

Start in the Squat position (#5) on the glideboard.

Place arm across your chest. Lift your head and shoulders off the glideboard crunching the abdominal area. Your. back should remain on the glideboard. Lay back in the original position and repeat.



Munde Groups Execused:

Upper and Lower Abdominah.



cable.

#7 Stretcher:

Unhook arm pulley

Grasp pulley handles. Slide the glideboard up and sit at the bottom facing the height. adjustment column. Put your legs on the. glideboard. Keep your arms, legs and back straight. Slowly bend: at the wast and stretch forward. Hold the stretch for at least 5 seconds. Pull up to rest. Do not bend elbows. Do not bounce Repeat.



Muscle Greaps: Exercised

Hamstrings, Lower Back-

Exercise Manual For Total Gym

JL Elias

Exercise Manual For Total Gym:

Reviewing Exercise Manual For Total Gym: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "Exercise Manual For Total Gym," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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