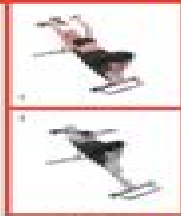


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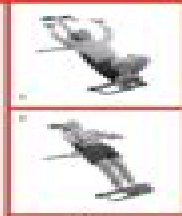
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**Butterfly**



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**Cardio Pull**



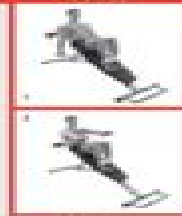
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**Abdominal Crunch**



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**Front Deltoid Raise**



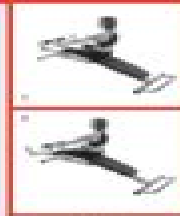
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**Glute Stretch**



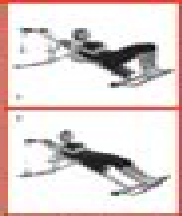
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**Hip Adduction**



MOVES  
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**Squat**



MOVES  
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**Hurdle Stretch**



MOVES  
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**Kneeling Kickback**



MOVES  
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**Outside Twist**



MOVES  
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**Twelve Extension**



MOVES  
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**Lunge**



MOVES  
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**One Leg Squat**



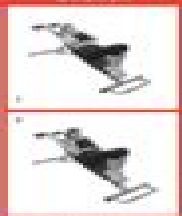
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**Pull Up**



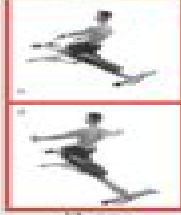
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**Push Up Crunch**



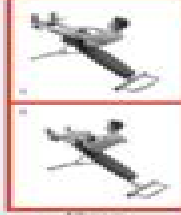
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**Rear Deltoid Raise**



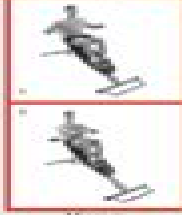
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MOVES  
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**Seated Bench Press**



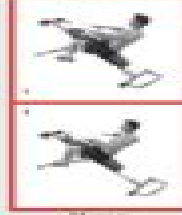
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**Seated Row Pull**



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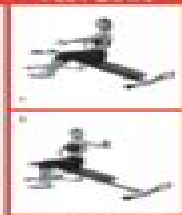
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**Side Pull**



MOVES  
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**Crossover Pull Feet Down**



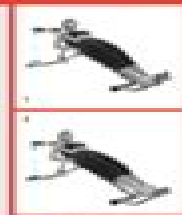
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**Crossover Pull Feet Up**



MOVES  
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**Toe Raise**

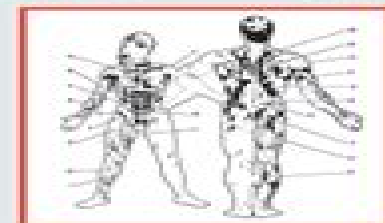


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**THE TOTAL BODY STRENGTH TRAINING BENCH**

# Manual For Total Bodyworks 5000 Exercise

**DJ Losen**



## **Manual For Total Bodyworks 5000 Exercise:**

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