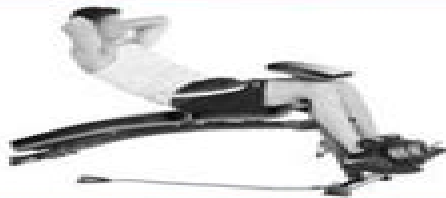




Crunches



Leg Raises



Flat Bench Press



Shoulder Press



Leg Extension



One Arm Dumbbell Row



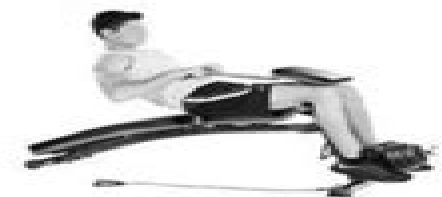
Bicep Curls



Push Ups



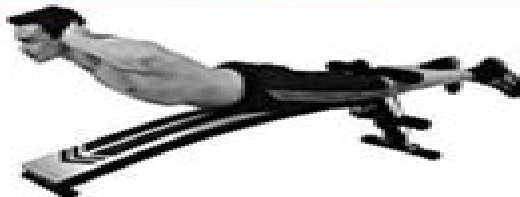
Rowing



Decline Crunch



Back Raise



Resistance Band Pulls



Dumbbell Front Raise



Sit Ups



Bench Dips



Exercise Guide Fitness Benches

Michael Seilmaier

A red circular graphic with a gradient, appearing as a semi-circle or a stylized arrow pointing to the right, located to the right of the author's name.

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