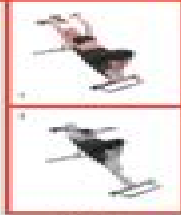


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Arm Pullover



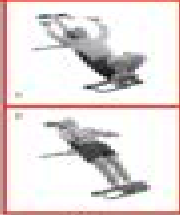
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Butterfly



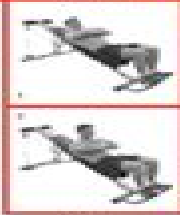
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Cardio Pull



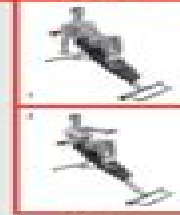
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Abdominal Crunch



MOVES
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Front Deltoid Raise



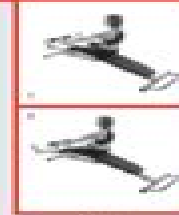
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Groin Stretch



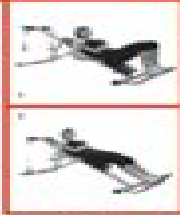
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Hip Adduction



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Squat



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Hurdle Stretch



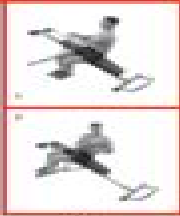
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Kneeling Kickback



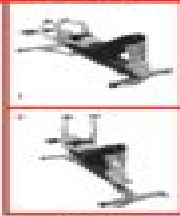
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Outside Twist



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Twisting Extension



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Lunge



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One Leg Squat



MOVES
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Pull Up



MOVES
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Footy Air Crunch



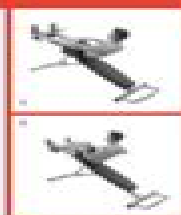
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Rear Deltoid Raise



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Rowing



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Seated Bench Press



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Seated Curl



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Seated Row Pull



MOVES
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Seated Row



MOVES
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Side Bend



MOVES
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Twisting Squat



MOVES
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Stretcher



MOVES
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Side Pull



MOVES
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**Crossover Pull
Feet Down**



MOVES
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**Crossover Pull
Feet Up**



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Toe Raise

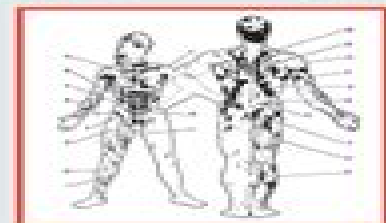


MOVES
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MUSCLE CHART

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THE TOTAL BODY STRENGTH TRAINING BENCH

Manual For Total Bodyworks 5000 Exercise

Victor M. Corman



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