

Side Bends



Lat Pull (Front)



Lat Pull (Rear)



Lateral Raise



Chest Press



Pec Flye



Shrugs



Front Raises



Upright Rows



Bicep Curls



One-Arm Curls



Wrist Curls



Tricep Pushdowns



Leg Extensions



Leg Curls



Hip Flexion



Rows (Seated)



Home Gym Manual Exercises

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