



WEIGHT BENCH WORKOUT



Crunches



Leg Raises



Flat Bench Press



Shoulder Press



Leg Extension



One Arm Dumbbell Row



Bicep Curls



Push Ups



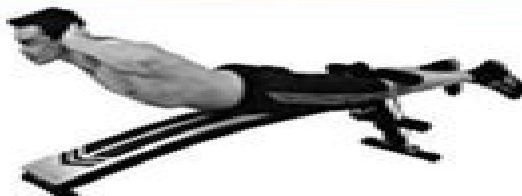
Rowing



Decline Crunch



Back Raise



Resistance Band Pulls



Dumbbell Front Raise



Sit Ups



Bench Dips



Multi Purpose Bench Exercises Guide

Kathleen Armour

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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