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BODY WORKS PRO

Arm Pullover



1. SEATED
2. SEATED

Butterfly



1. SEATED
2. SEATED

Cardio Pull



1. SEATED
2. SEATED

Abdominal Crunch



1. SEATED
2. SEATED

Front Deltoid Raise



1. SEATED
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Glute Stretch



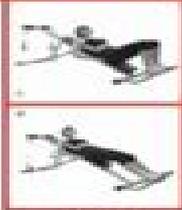
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Hip Abduction



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Squat



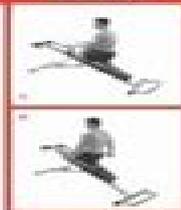
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Rowing Machine



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Rowing Machine



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Shoulder Twist



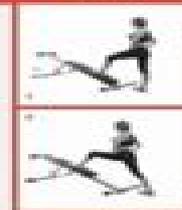
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Torso Extension



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Legs



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One Leg Squat



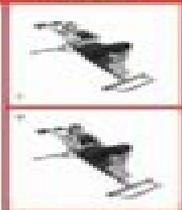
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Pull Up



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Push Up



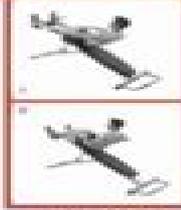
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Back Deltoid Raise



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Biceps



1. SEATED
2. SEATED

Seated Bench Press



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2. SEATED

Seated Curl



1. SEATED
2. SEATED

Seated High Pull



1. SEATED
2. SEATED

Seated Row



1. SEATED
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Sit Bench



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Twisted Squat



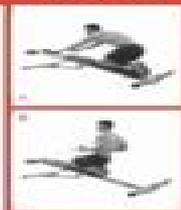
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Side Pull



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Crossover Pull Feet Down



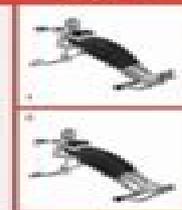
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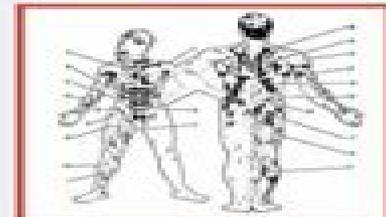


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Muscle Chart

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