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Resisted Abdominal Crunch



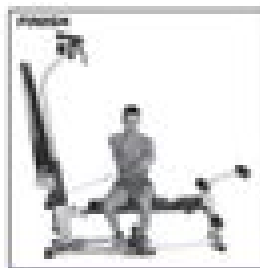
Decline Chest Fly



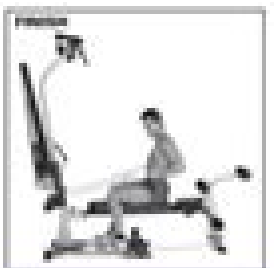
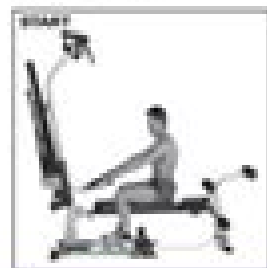
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Seated Trunk Rotation



Seated Lat Row



Lat Pulldown



Tricep Pushdown



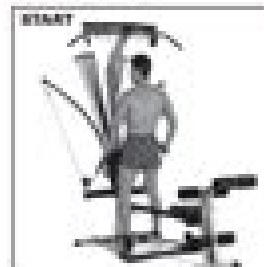
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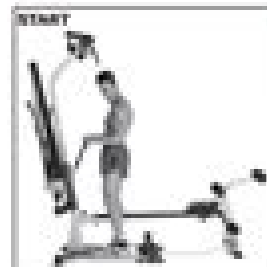
Standing Bicep Curls



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Bowflex Blaze Workout Guide

M Woodhall

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