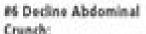
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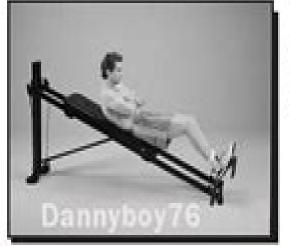


Unhook arm pulley cable.

Attach wing accessory.

Start in the Squat position (#5) on the glideboard.

Place arm across your chest. Lift your head and shoulders off the glideboard crunching the abdominal area. Your. back should remain on the glideboard. Lay back in the original position and repeat.



Munde Groups Execused:

Upper and Lower Abdominah.



cable.

#7 Stretcher:

Unhook arm pulley

Grasp pulley handles. Slide the glideboard up and sit at the bottom facing the height. adjustment column. Put your legs on the. glideboard. Keep your arms, legs and back straight. Slowly bend: at the wast and stretch forward. Hold the stretch for at least 5 seconds. Pull up to rest. Do not bend elbows. Do not bounce Repeat.



Muscle Greaps: Exercised

Hamstrings, Lower Back-

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M Walker

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A Practical Manual of the Treatment of Club-foot Lewis Albert Sayre, 1854 **Moody's Manual of Investments** John Sherman Porter, 1960 American government securities 1928 53 in 5 annual vols v 1 Railroad securities 1952 53 Transportation v 2 Industrial securities v 3 Public utility securities v 4 Government securities 1928 54 v 5 Banks insurance companies investment trusts real estate finance and credit companies 1928 54 Moody's Municipal & Government **Manual** ,1960 West's Military Justice Reporter, 1996 The Lancet ,1902 *Indian Factories & Labour Reports* ,1978 Vols 1 contain separately paged sections Journal summaries Acts and notifications and Reports The Outlook Lyman Abbott, Hamilton Wright Mabie, Ernest Hamlin Abbott, Francis Rufus Bellamy, 1899 The Record of the Association of the Bar of the City of New York Association of the Bar of the City of New York, 1993 Legal Research **Digest** ,1998 Military Law Reporter ,1980 Toyota Supra 1987 Owner's Manual Toyota Jidōsha Kōgyō Kabushiki Kaisha,1986 2020 Toyota Supra Owner Manual Compatible with OEM Owners Manual, Factory Glovebox Book Helming, 2020-11-10 2021 Toyota Supra Owner Manual Compatible with OEM Owners Manual, Factory Glovebox Book Helming, 2021-07-06 Toyota Repair Manual for Chassis & Body ,1986 Toyota Cellica Supra, 1979-1992 John Haynes, 1988-01-16 Haynes offers the best coverage for cars trucks vans SUVs and motorcycles on the market today Each manual contains easy to follow step by step instructions linked to hundreds of photographs and illustrations Included in every manual troubleshooting section to help identify specific problems tips that give valuable short cuts to make the job easier and eliminate the need for special tools notes cautions and warnings for the home mechanic color spark plug diagnosis and an easy to use index

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