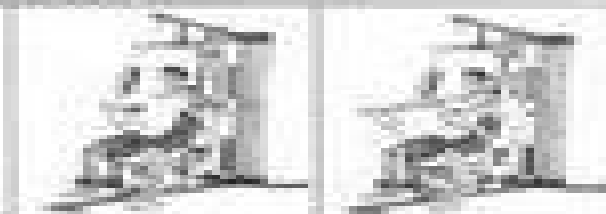
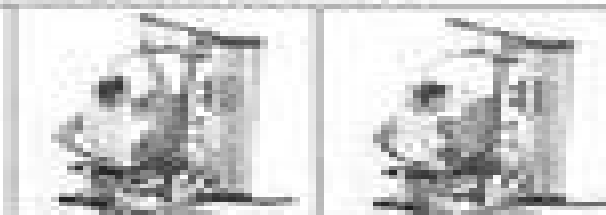


1 CHEST PRESS



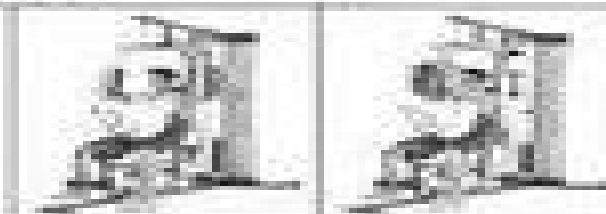
Muscles affected: D, L, P

2 SINGLE ARM LAT PULL-DOWN



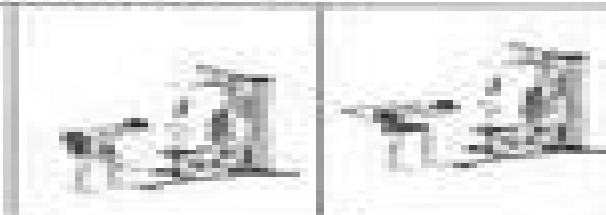
Muscles affected: L, D, B

3 CHEST FLY



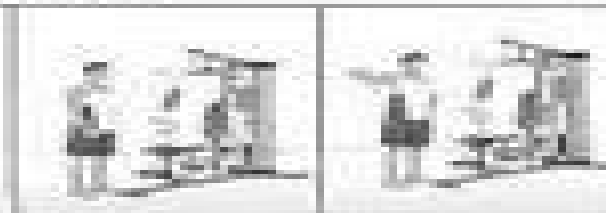
Muscles affected: D, L

4 BENT LATERAL RAISE

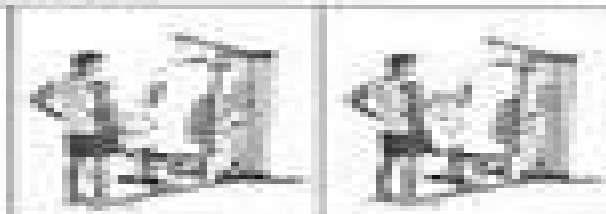


Muscles affected: P, D, B

5 LATERAL RAISE

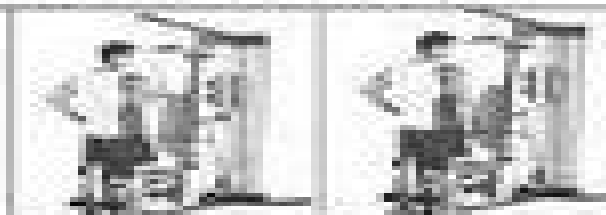


10 BICEPS CURL



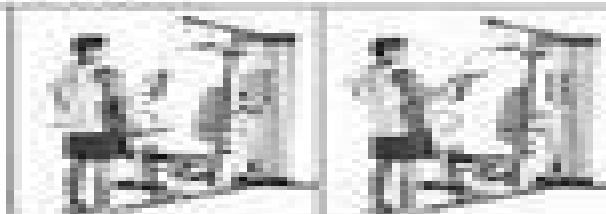
Muscles affected: D, B

11 SINGLE ARM TRICEP PUSH-DOWN



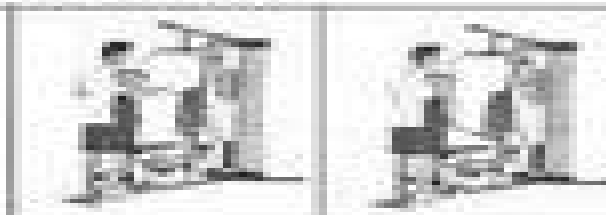
Muscles affected: P

12 STANDING CURL



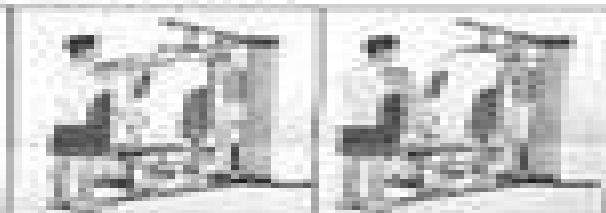
Muscles affected: D, B

13 TRICEPS PUSH-DOWN



Muscles affected: P, B

14 SHYF ARM PULL-DOWN



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B Lingard



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