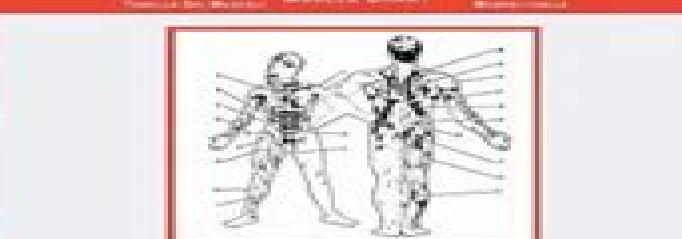


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# Weider Weight Bench Exercise Guide

**Jiyuan Zhang**

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