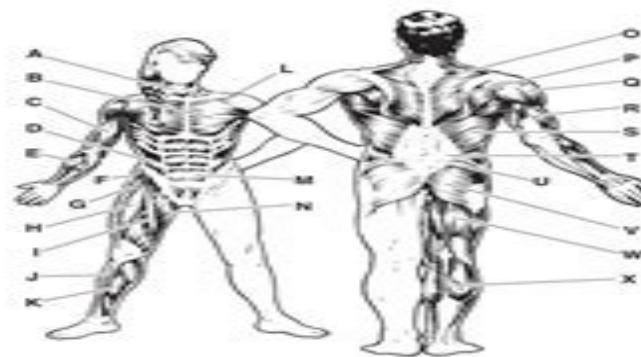


MUSCLE CHART



!WARNING: Avoid this exercise if you have shoulder, elbow, or wrist pain or if you have a shoulder, elbow, or wrist condition.

The exercise shown can be performed with straight arms or angled arms. However, straight arms are recommended for shoulder and elbow health. Consult a medical professional before performing this exercise.

!AVISO: Evite este ejercicio si tiene dolor en los hombros, codo o muñeca o si tiene una condición en los hombros, codo o muñeca.

Este ejercicio puede ser realizado con los brazos rectos o angulados. Sin embargo, se recomienda los brazos rectos para la salud de los hombros y los codos. Consulte a su médico antes de realizar este ejercicio.

!AVERTISSEMENT: Évitez cet exercice si vous avez des douleurs aux épaules, aux coudes ou aux poignets ou si vous avez une condition aux épaules, aux coudes ou aux poignets.

Cet exercice peut être effectué avec les bras droits ou angulés. Cependant, les bras droits sont recommandés pour la santé des épaules et des coudes. Consultez un professionnel de la santé avant d'effectuer cet exercice.

!AVVERTIMENTO: Evitare questo esercizio se ha dolori nelle spalle, nei gomiti o nelle mani o se ha una condizione nelle spalle, nei gomiti o nelle mani.

Questo esercizio può essere eseguito con le braccia diritte o angolati. Tuttavia, le braccia diritte sono consigliate per la salute delle spalle e dei gomiti. Consultate un medico prima di eseguire questo esercizio.

!AVVERTIMENTO: Evitare este exercicio si tiene dolor en los hombros, codo o muñeca o si tiene una condición en los hombros, codo o muñeca.

Este ejercicio puede ser realizado con los brazos rectos o angulados. Sin embargo, los brazos rectos se recomiendan para la salud de los hombros y los codos. Consulte a su médico antes de realizar este ejercicio.

Weider Weight Systems Exercise Guide

E Durkheim

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Unveiling the Magic of Words: A Review of "**Weider Weight Systems Exercise Guide**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Weider Weight Systems Exercise Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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