



Flat Bench Press



Incline Bench Press



Flat DB Press



Incline DB Press



Front Shoulder Press



Incline Fly



Seated DB Press



Arnold Press



Rear Delt Fly



Flat Barbell Bench Press



Close Grip Bench Press



Leg Extension



Bicep Curls



Sit Ups



Shoulder Press



Weight Bench Exercises Guide

JA Banks

Weight Bench Exercises Guide:

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