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BODY WORKS PRO

ANK PULLOVER



Muscle
BICEPS

BUTTERFLY



Muscle
ARMP

CARDIO PULL



Muscle
BICEPS

ABDOMINAL CRUNCH



Muscle
ARMP

FRONT DELTOID RAISE



Muscle
ARMP

GLUTE STRETCH



Muscle
ARMP

LEG ADDUCTION



Muscle
ARMP

SQUAT



Muscle
ARMP

MIDDLE STRETCH



Muscle
ARMP

KNEELING KICKBACK



Muscle
ARMP

DELTOID TWIST



Muscle
ARMP

TRICEPS EXTENSION



Muscle
ARMP

LEG



Muscle
ARMP

ONE LEG SQUAT



Muscle
ARMP

PULL UP



Muscle
ARMP

PULL UP CRUNCH



Muscle
ARMP

REAR DELTOID RAISE



Muscle
ARMP

ROWING



Muscle
ARMP

SEATED BENCH PRESS



Muscle
ARMP

SEATED CURL



Muscle
ARMP

SEATED HIGH PULL



Muscle
ARMP

SEATED ROW



Muscle
ARMP

SIT BEND



Muscle
ARMP

TWISTED SQUAT



Muscle
ARMP

STRETCH



Muscle
ARMP

SIDE PULL



Muscle
ARMP

CROSSOVER PULL FEET DOWN



Muscle
ARMP

CROSSOVER PULL FEET UP



Muscle
ARMP

TOE RAISE

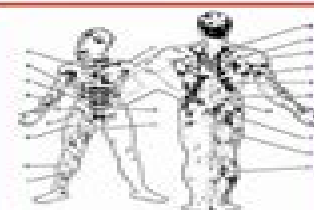


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web thomas set up a laboratory in the basement of his family s michigan home and spent most of his time experimenting edison s mother nancy knew her son was fond of chemistry and electronics so she gave him books to read on the subjects one book explained how to perform chemistry experiments at home thomas did every one in the book