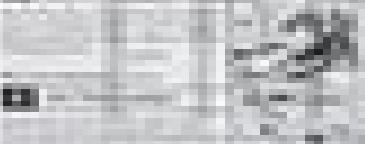
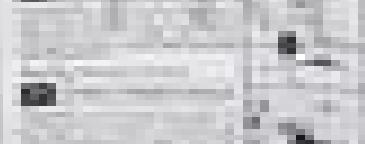
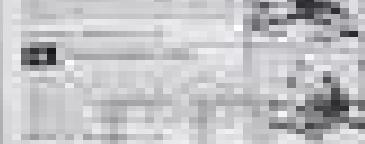
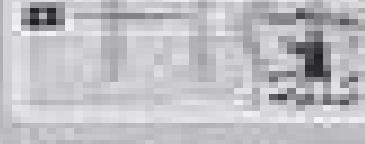
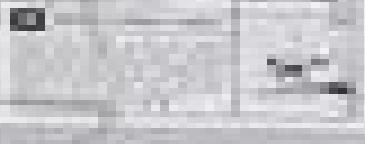
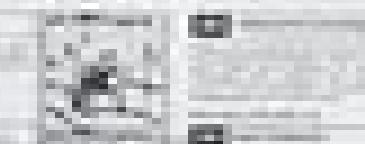
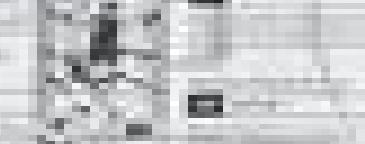
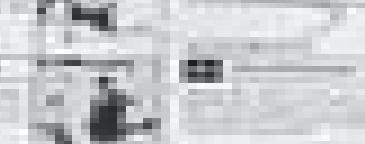
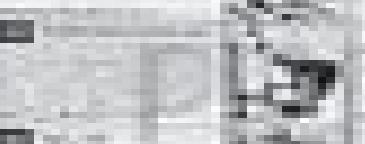
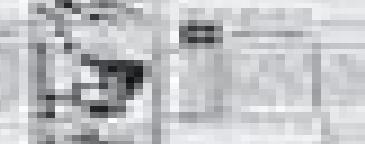
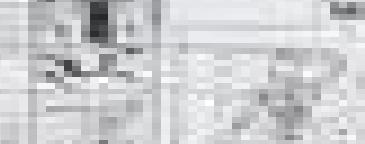
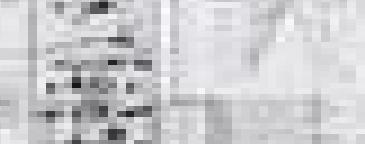


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EXERCISE	WEIGHT BENCH	WEIGHT RACK
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2. Seated Low Row		
3. Seated Dumbbell Row		
4. Seated Dumbbell Press		
5. Seated Dumbbell Fly		
6. Seated Dumbbell Shoulder Press		
7. Seated Dumbbell Tricep Extension		
8. Seated Dumbbell Bicep Curl		
9. Seated Dumbbell Hammer Curl		
10. Seated Dumbbell Crossover		
11. Seated Dumbbell Side Lateral Raise		
12. Seated Dumbbell Lateral Raise		
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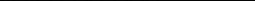
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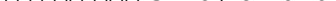
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