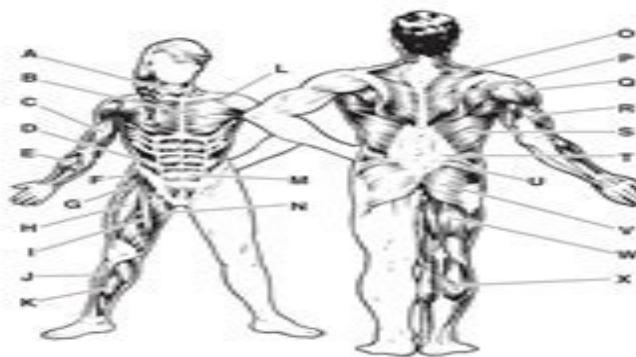


MUSCLE CHART



!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 or angled support. However, straight support is not recommended for this exercise. Use straight support when performing this exercise. If you have shoulder, elbow, or wrist pain or if you have a shoulder, elbow, or wrist condition, use angled support. Use straight support when performing this exercise. If you have shoulder, elbow, or wrist pain or if you have a shoulder, elbow, or wrist condition, use angled support. Use straight support when performing this exercise. If you have shoulder, elbow, or wrist pain or if you have a shoulder, elbow, or wrist condition, use angled support.

!AVISO: Evite este ejercicio si experimenta dolor en el hombro, codo o muñeca o si tiene una condición en el hombro, codo o muñeca.

Este ejercicio puede ser realizado con apoyo recto o apoyo angulado. Sin embargo, el apoyo recto no se recomienda para este ejercicio. Use apoyo recto al realizar este ejercicio. Si tiene dolor en el hombro, codo o muñeca o si tiene una condición en el hombro, codo o muñeca, use apoyo angulado. Use apoyo recto al realizar este ejercicio. Si tiene dolor en el hombro, codo o muñeca o si tiene una condición en el hombro, codo o muñeca, use apoyo angulado. Use apoyo recto al realizar este ejercicio. Si tiene dolor en el hombro, codo o muñeca o si tiene una condición en el hombro, codo o muñeca, use apoyo angulado.

!AVERTISSEMENT: Évitez cet exercice si vous avez mal au bras, au coude ou à la main ou si vous avez une condition au bras, au coude ou à la main.

Cet exercice peut être effectué avec un appui droit ou un appui angulaire. Cependant, l'appui droit n'est pas recommandé pour cet exercice. Utilisez un appui droit pour effectuer cet exercice. Si vous avez mal au bras, au coude ou à la main ou si vous avez une condition au bras, au coude ou à la main, utilisez un appui angulaire. Utilisez un appui droit pour effectuer cet exercice. Si vous avez mal au bras, au coude ou à la main ou si vous avez une condition au bras, au coude ou à la main, utilisez un appui angulaire. Utilisez un appui droit pour effectuer cet exercice. Si vous avez mal au bras, au coude ou à la main ou si vous avez une condition au bras, au coude ou à la main, utilisez un appui angulaire.

!AVVERTIMENTO: Evitare questo esercizio se avete dolore alle spalle, al gomito o alla mano o se avete una condizione alle spalle, al gomito o alla mano.

Questo esercizio può essere eseguito con appoggio retto o appoggio angolare. Tuttavia, l'appoggio retto non è consigliato per questo esercizio. Usate l'appoggio retto per eseguire questo esercizio. Se avete dolore alle spalle, al gomito o alla mano o se avete una condizione alle spalle, al gomito o alla mano, usate l'appoggio angolare. Usate l'appoggio retto per eseguire questo esercizio. Se avete dolore alle spalle, al gomito o alla mano o se avete una condizione alle spalle, al gomito o alla mano, usate l'appoggio angolare. Usate l'appoggio retto per eseguire questo esercizio. Se avete dolore alle spalle, al gomito o alla mano o se avete una condizione alle spalle, al gomito o alla mano, usate l'appoggio angolare.

!AVVERTIMENTO: Evite este exercicio si experimenta dolor en el hombro, codo o muñeca o si tiene una condición en el hombro, codo o muñeca.

Este ejercicio puede ser realizado con apoyo recto o apoyo angulado. Sin embargo, el apoyo recto no se recomienda para este ejercicio. Use apoyo recto al realizar este ejercicio. Si tiene dolor en el hombro, codo o muñeca o si tiene una condición en el hombro, codo o muñeca, use apoyo angulado. Use apoyo recto al realizar este ejercicio. Si tiene dolor en el hombro, codo o muñeca o si tiene una condición en el hombro, codo o muñeca, use apoyo angulado. Use apoyo recto al realizar este ejercicio. Si tiene dolor en el hombro, codo o muñeca o si tiene una condición en el hombro, codo o muñeca, use apoyo angulado.

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In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Weider Weight Systems Exercise Guide**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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