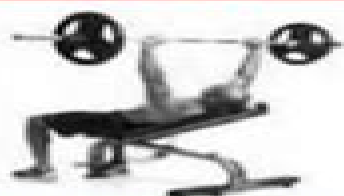


# **WEIGHT BENCH** **WORKOUT**

**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

**Charles Alpheus Bennett**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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