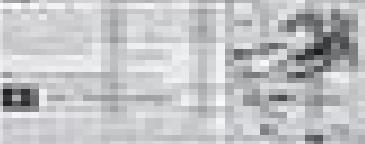
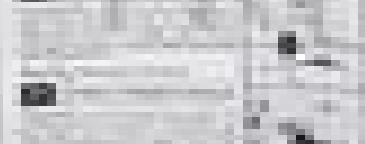
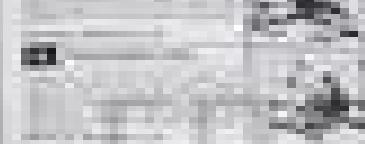
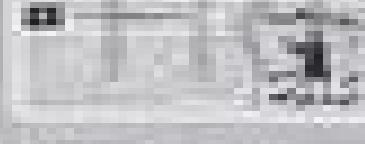
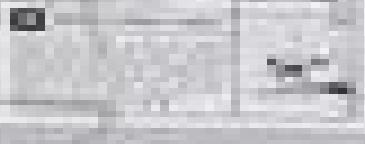
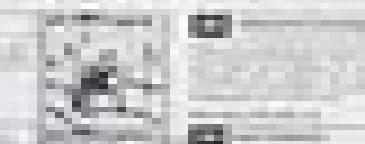
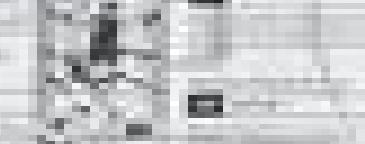
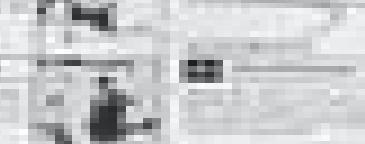
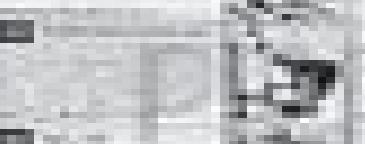
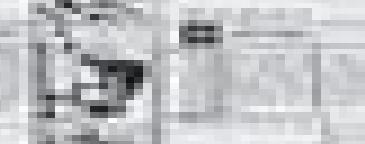
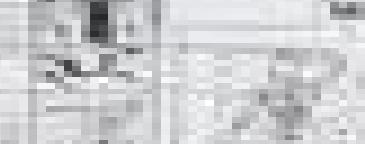
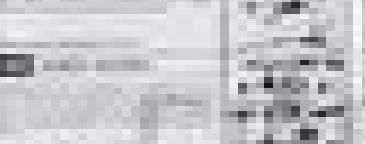
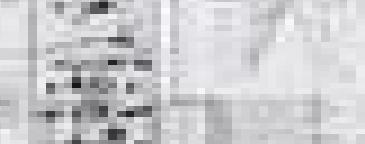
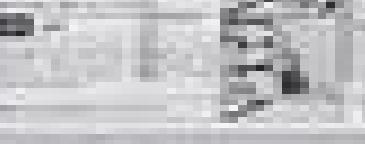


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## WEIGHT BENCH WEIGHT RACK EXERCISE GUIDE

EXERCISE	WEIGHT BENCH	WEIGHT RACK
1. Seated Calf Raise		
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		
13. Seated Dumbbell Front Lateral Raise		
14. Seated Dumbbell Shoulder Press		

# Weider 4850 Exercise Guide

**Daniela Niemeyer**

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In some sort of driven by information and connectivity, the energy of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Weider 4850 Exercise Guide**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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