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BODY WORKS PRO

ARM PULLOVER



ARM PULLOVER
MUSCLES: PECTORALS, LATS

BUTTERFLY



BUTTERFLY
MUSCLES: PECTORALS, LATS

CABLE PULL



CABLE PULL
MUSCLES: PECTORALS, LATS

**ARMEDLY
CABLE**



ARMEDLY
CABLE
MUSCLES: PECTORALS, LATS

**FRONT DOLPHIN
BENCH**



FRONT DOLPHIN
BENCH
MUSCLES: PECTORALS, LATS

GRAB STRETCH



GRAB STRETCH
MUSCLES: PECTORALS, LATS

HIP ABDUCTION



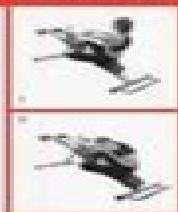
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BOAT



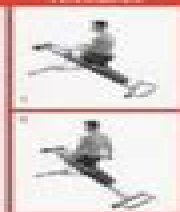
BOAT
MUSCLES: PECTORALS, LATS

MIDDLE STRETCH



MIDDLE STRETCH
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**KNEELING
KICKBACK**



KNEELING
KICKBACK
MUSCLES: PECTORALS, LATS

DELTA THERAPY



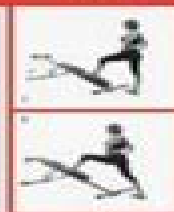
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**TRICEPS
EXTENSION**



TRICEPS
EXTENSION
MUSCLES: PECTORALS, LATS

LOWES



LOWES
MUSCLES: PECTORALS, LATS

ONE LEG BOAT



ONE LEG BOAT
MUSCLES: PECTORALS, LATS

PULL UP



PULL UP
MUSCLES: PECTORALS, LATS

**PULLER
AND
CABLE**



PULLER
AND
CABLE
MUSCLES: PECTORALS, LATS

**BACK DOLPHIN
BENCH**



BACK DOLPHIN
BENCH
MUSCLES: PECTORALS, LATS

ROWING



ROWING
MUSCLES: PECTORALS, LATS

**SCALED BRUSH
PULL**



SCALED BRUSH
PULL
MUSCLES: PECTORALS, LATS

SCALED CURL



SCALED CURL
MUSCLES: PECTORALS, LATS

**SCALED HILL
PULL**



SCALED HILL
PULL
MUSCLES: PECTORALS, LATS

SCALED ROW



SCALED ROW
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BOX BENCH



BOX BENCH
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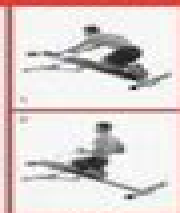
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STRETCHING



STRETCHING
MUSCLES: PECTORALS, LATS

BOX PULL



BOX PULL
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**CROSSOVER PULL
FEET DOWN**



CROSSOVER PULL
FEET DOWN
MUSCLES: PECTORALS, LATS

**CROSSOVER PULL
FEET UP**



CROSSOVER PULL
FEET UP
MUSCLES: PECTORALS, LATS

THE RAMP

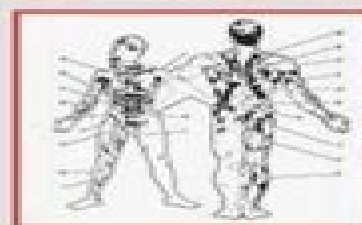


THE RAMP
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TRICEPS BOAT**

MIDDLE CABLE

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TRICEPS BOAT**



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