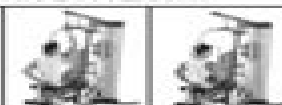


1 CHEST PRESS



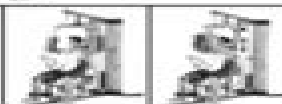
Muscles affected: P, R, A, M

2 SINGLE ARM LAT PULL-DOWN



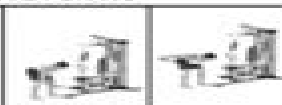
Muscles affected: L, R, M, B

3 CHEST FLY



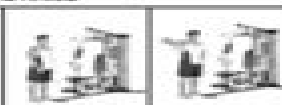
Muscles affected: P, R

4 BENT LATERAL RAISE



Muscles affected: L, R, M

5 LATERAL RAISE



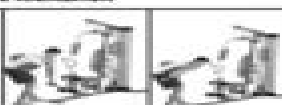
Muscles affected: L, R, M

6 SINGLE ARM PREACHER CURL



Muscles affected: B, R

7 TRICEPS KICKBACK



Muscles affected: R

8 UPRIGHT ROW



Muscles affected: R, L, B, R, A, M

9 STANDING ROW



10 BICEPS CURL



Muscles affected: B, R

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: R

12 STANDING CURL



Muscles affected: B, R

13 TRICEPS PUSH-DOWN



Muscles affected: R, M

14 STIFF ARM PULL-DOWN



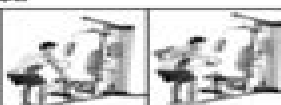
Muscles affected: B, R, L, M, B

15 LAT PULL-DOWN



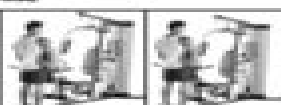
Muscles affected: L, B, R, M, B

16 BENT ROW



Muscles affected: R, L, B, R, A

17 CALF RAISE



Muscles affected: R, B

18 BICEPS-TRICEPS COMBO

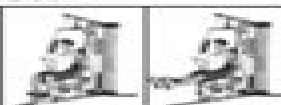


19 HIP FLEXION



Muscles affected: R, L, B

20 LEG EXTENSION



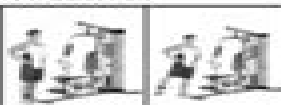
Muscles affected: R

21 LEG CURL



Muscles affected: R, M

22 ABDUCTION/ADDUCTION



Muscles affected: R, L, B, R, A, M

23 HEEL ROCK



Muscles affected: R, L, B, R, A, M

24 SHOULDER RAISE



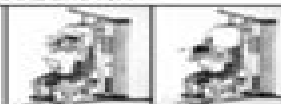
Muscles affected: R, L

25 PREACHER CURL



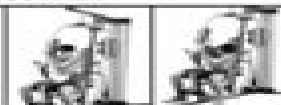
Muscles affected: B, R

26 ABDOMINAL CRUNCH



Muscles affected: R

27 OBLIQUE CRUNCH



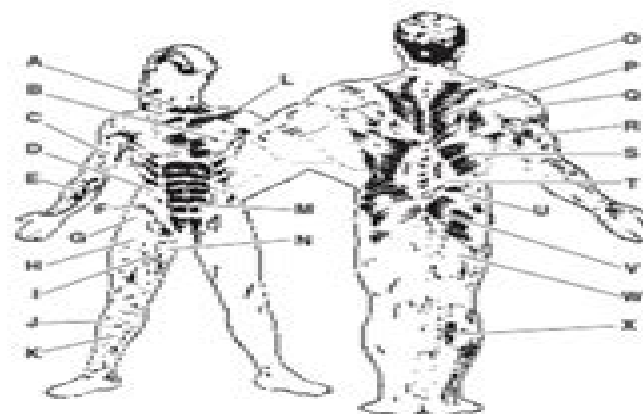
Muscles affected: R, M

28 SHOULDER SHRUG



Muscles affected: R, B

MUSCLE CHART



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Michael Rajnik

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

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web 1 client shall grant contractor access to the swimming pool and its surroundings during regular business hours and other mutually agreeable times 2 client shall pay contractor x on the first day of each week or month for regular maintenance services to be performed during the rest of that week or month see regular

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web all standard service is billed at a rate of 1 2 hour and any additional labor charges will be billed at a rate of 18 per each additional 15 mins i e storm cleanup excessive debris and any other situations out of the normal scope of work for your swimming pool 3

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