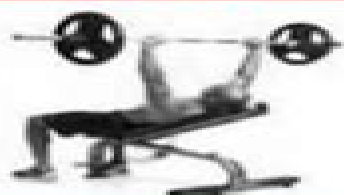


WEIGHT BENCH **WORKOUT**

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



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Sit Ups



Shoulder Press



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