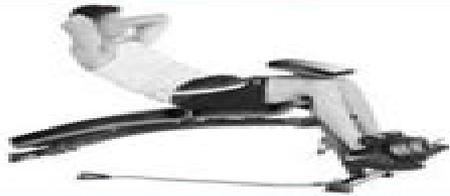




Crunches



Leg Raises



Flat Bench Press



Shoulder Press



Leg Extension



One Arm Dumbbell Row



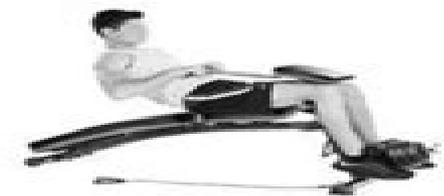
Bicep Curls



Push Ups



Rowing



Decline Crunch



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