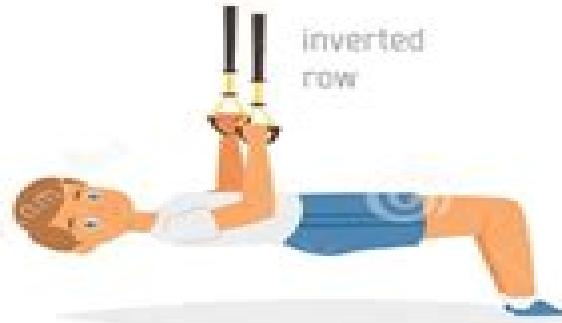


mid row



inverted row



pistol squat



reverse fly



leg raises



oblique crunches



squat



side lunges



push up



triceps press

plank



Exercising Character A Workout Guide

George Wittich

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