

A close-up photograph of a man's muscular arm and hand as he grips the handle of a gym machine. The machine is dark-colored with metallic components. The background is slightly blurred, showing other gym equipment and a window. The overall lighting is dramatic, highlighting the man's physique.

EFFECTIVE WEIGHT LIFTING MACHINES AND THE
MUSCLES THEY TARGET

CYVIGOR

Guide To Muscles That Weight Machines Work

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