

A close-up photograph of a man's muscular arm and hand as he grips a black handle of a gym machine. The machine's frame is dark and industrial. The background is slightly blurred, showing other gym equipment and windows. 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

Padhraic Smyth



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