

Dumbbell & Core Workout



Full Body	Squat to Upright Row	Push Press	Deadlift	Push Up to Row	Squat Curl Press
	Upright Row	Lateral Raise	Strait Arm Raise	Standing Shoulder Press	Standing Front Raise
	Flat Chest Press	Chest Fly	Decline Chest Press	Shrugs	Single Arm Press
	Bicep Curl	Concentration Curl	Bent Over Tricep Kickback	Tricep Extension	Arm Rotations
	Pullover	Bent Over Row	Single Arm Row	Pause at Top Single Arm Row	Bent Over Fly
Upper Body	Squats	Forward Lunge	Bench Step Up	Rear Foot Elevated Squat	Sumo Squat
	Core Twists	Leg Raises	Sit Ups	V-Sit	Cross Leg Crunch
	Side Bends	Elbow Plank	Full Plank	Dead Bug	Side Plank Rotations
Back					
Lower Body					
Core					

Gym Exercises Complete Guide

R Bogdan



Gym Exercises Complete Guide:

Unveiling the Magic of Words: A Review of "**Gym Exercises Complete Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Gym Exercises Complete Guide**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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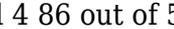
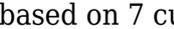
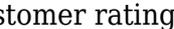
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