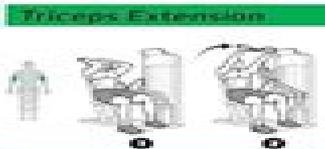


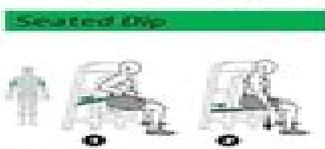
Upper Body



Upper Body



Upper Body



Core



Back



Lower Body



Lower Body



Lower Body



# Gym Exercise Guide

**Rough Guides**



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