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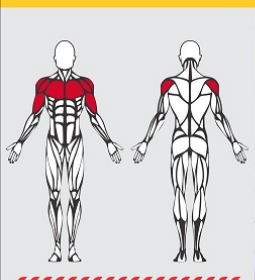
Japanese Technology

HG 100 HOME GYM
WORKOUT CHART



CHEST PRESS
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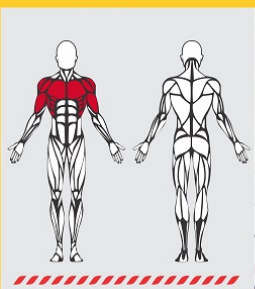

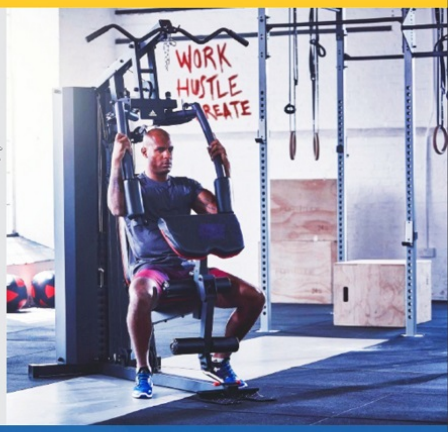

PEC FLY
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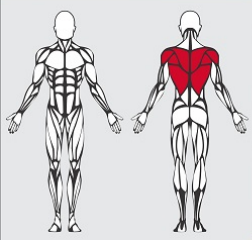

SEATED ROW
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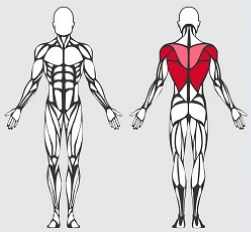

WIDE-GRIP SEATED PULLDOWN
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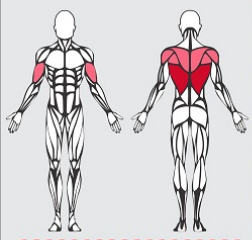

CLOSE-GRIP SEATED PULLDOWN
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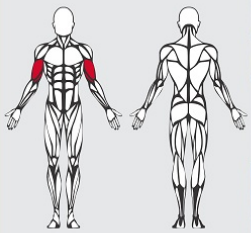

PREACHER CURL
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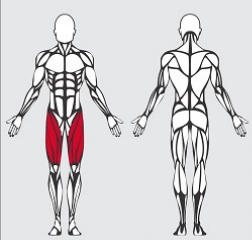

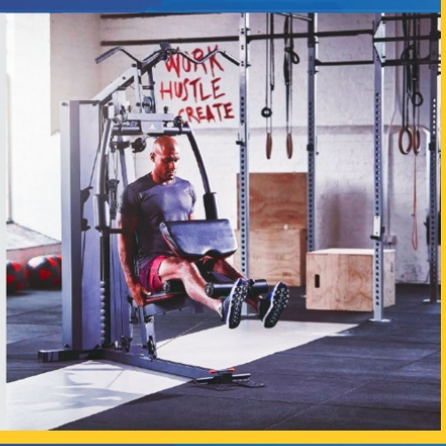

SEATED LEG EXTENSION
007.

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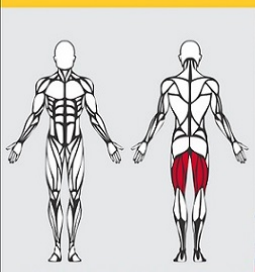
WORKOUT CHART



STANDING LEG CURL
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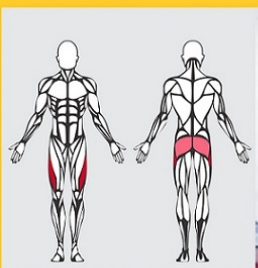

HIP ADDUCTION
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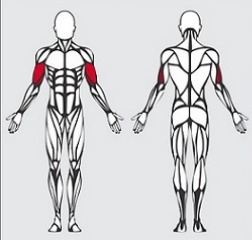

STANDING BICEP CURL
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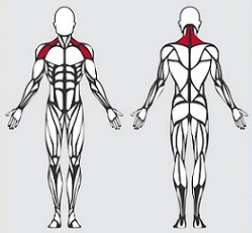
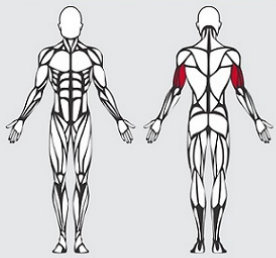
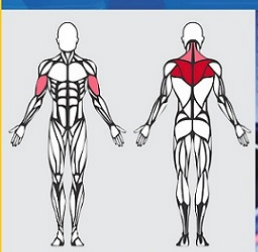


STANDING UPRIGHT ROW
011.

STANDING TRICEP PULLDOWN
012.





FLOOR ROW
013.

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