WEIGHT SYSTEM EXERCISE GUID

DENCH PRESS

Sit on the seat and hold the handless with an overhand grip. Raise your efficies as shown. King your back streight Fully extend your arms. Return

MILITARY PRESS

Adjust the system as required by the resources. If the first most and groups the man with an execution gray. Knowing and back straight buts actual your man. Return to the starting position.

Managine affinition is Co. III.

SE BUTTERFUY

for on the seed and place your arms or the bulletily arms as shown. Press the bulletily arms toward each other until the peaks bound. Planters to the starting

Manager and American St. 18.

CALF NAME

Fixed the handles with an overhand grip. Keep provi arms of your sides and the up-on your town as far as proceeding. Prompts to the sourtery power

Managine affected N. R.

DE BROWN

read the handles with an eventual gris, and straighten your large. Straighten large.

Mississippe affloritant: NJ, 1, NJ, 981

GO ALTERNATE LEG PLAISE

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Microsoften of September 181, 47, 181

VERTICAL KNEE RARSE

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Monthler offended F. M.

ASSISTED OF

of the desired weight setting. Group the day turnibus, with your service places as shown. Strongs reading for the pasts are shown. Strongs toward your backs, the termination of the termination of

Muscles affected B. L. O. F. O. H. S.

23 PULL-UP

Greek the putting handles as shown.

Managhay afficients C. E. C. W. B.

FIX PREACHER CURL

Sit on the sead and real play arise on the suff part, Hold the let be with an hand grip and extend your arms.
I dust the fair timesed your shoot. Reduce to the starting pools

Managhar affected to \$1.40.



Sit on the sead and place your feet on the press place as shown. Press for sized until your logs one Uty solended. On not took your trees. Mature to the

Management of Section 5 (4), 50, 50, 50

IF LEG EXTENSION

Dit on the seast and position your heat under the patch on the leg tever. Have the leg tever until your legs are strugtl. Return to the standing posi-

Management authorized by

LEG CURL

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Management of State State Co.

AB CRUNCH

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Museum affinement M.

TRICEPS PRESS DOWN

Attach the let bir to the high cates. Facing the system, host the let be with an overhead pro-Ness your efficient chief to provi school. Preside the attempts flamous to the starting providen

Managine affected S. R.

10 STIFF ARM PUSHDOWN

Comment the tall four to the high-colors Colments that but have to the high cables, record the last bur with an overhead grap, your thereto strandow-width agrant. With your allowest stightly bord, push, the last best spreaded your legal. Plotters to the standard pushing.

Managhan affragrant E. P. R. S.

LAT PULL-DOWN

Athenia the last hear to the high custons the facing the system, extend your arms up, and have the unds of the let for with an investment grap. Pull the fet four down

Muscles offented C. E. P. S.

TENCEPS EXTENSION

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CROSSOVER FLY

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Managine advantage B. C. C. S.

NACK EXTENSION

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Managhan adhership T



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Microsoften affendand: E. H. T. Y. W.

FOR BEND

Attach the hamde to the low settle. Shared in-Dewego, selected plea arm distances is and hald the handle Keep prior arm at your table and bend to the sole as shown. Return to the starting

Microstope officerant Co. C. M.

SHOULDER SHRUG

Attach the let buy to the low sable. Extend your arms disensated and hold the let buy with an overhand grip. Keep array arms at your soles. Strong your strongware up as far an presiden. Pleburn to the starting position

Muscles official E. C. P.

CVERHEAD EXTENSION

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Microsoften affinishment S. W.

FEC ISOLATION CURL

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Managhas affinished; C. R.

FOR PROMIT RICH.

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Whenches affections in Co. 10, 10, 11

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Managine affinctions to N. W. 191

28 HIP ADDUCTION

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Management and American Land Co. 1911

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Managine officialist G. M.

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SE LATERAL RAISE

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there is the starting position.

Moreover affectives C. E. L. O. P. O.

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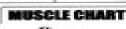
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Married affective C. E. G. P. G. S. T

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Museline attention C. S. O. F. O. S. T.





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Michal Rosen-Zvi

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