

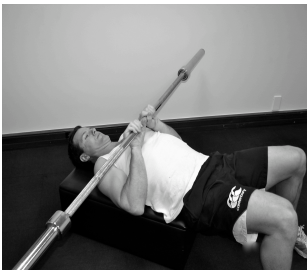
BAR RESISTANCE EXERCISES



UPRIGHT ROW



CHEST PRESS WIDE GRIP



CHEST PRESS NARROW GRIP

Notes:

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