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Barbell Step-up



Dumbbell Deadlift





Dumbbell Lateral Raise (Power Partials)



Back Extensions / Hyperextensions



**Dumbbell Bench Press** 

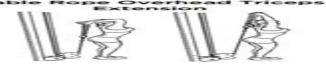


Bent Over Barbell Row



Dumbbell Shoulder Press





Jackknife Sit-up / Crunch



Plank



# **Tone It Up Nutriation Plan**

United States. Congress. Senate.
Select Committee on Nutrition and
Human Needs

Tone It Up I	Nutriation	Plan:
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