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Barbell Step-up



Dumbbell Deadlift





Dumbbell Lateral Raise (Power Partials)



Back Extensions / Hyperextensions



Dumbbell Bench Press

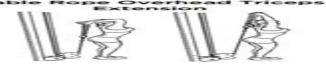


Bent Over Barbell Row



Dumbbell Shoulder Press





Jackknife Sit-up / Crunch

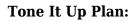


Plank



Tone It Up Plan

M Lipman



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