

WEIGHT BENCH 3. WORKOUT



Crunches

Leg Raises

Flat Bench Press







Shoulder Press

Leg Extension

One Arm Dumbbell Row







Bicep Curts

Push Ups

Rowing







Decline Crunch

Back Raise

Resistance Band Pulls







Dumbbell Front Raise

Sit Ups

Bench Dips







Multi Purpose Bench Exercises Guide

DJ Losen

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