Exercises

Detailed info of involved muscles and performance of movement

press

ectorals, anterior deltoids, u can use a weight rack to

ess does not firm women's in from drooping in any way. nolds the mammary glands. The la connective tissue lis major



angle ranging between 45 and rip on the barbell with your hapart: ntil it reaches your jugular notch neck)
ht arms length, exhaling as you



Shape Up A Christians Guide To Total Fitness

Puja Mehta

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