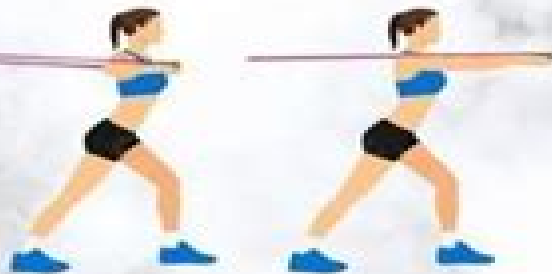


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**4 SETS 12 REPS**

## BACK ROW



**4 SETS 10 REPS**

## LATERAL RAISES



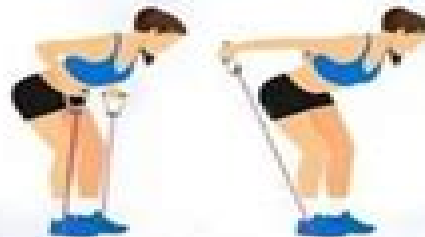
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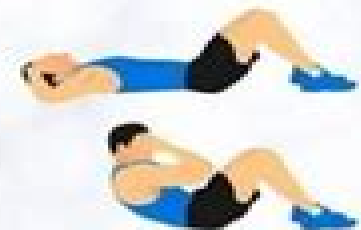
**4 SETS 12 REPS**

## TRICEPS KICKBACK



**3 SETS 15 REPS**

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**3 SETS 45 SECS**

# Upper Body Manual Resistance Exercises

**A Loxley**



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