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This excellent short report is great for beginners and new starters, some of the exercises demonstrated include: * Squat and Press With Medicine Ball * Dumbbell / Bent Over Row With Ball * The Incline Dumbbell Chest Press * Shoulder Presses * Dumbbell Curl (Two Arms) * Overhead Triceps Extensions * Stability Ball Crunch This easy to read report will save you time and frustration and show you how to focus and achieve your desired results faster! ***** Visit our store for more deals beaudeals.tradebit *****

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