

[illegible]

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Upright Bike, Rowing Machine, Stepper, Spin Bike, Bicep Curl, Military Press, Shoulder Press, Bench Press, Row, Pull Down, Incline Press, Decline Press, Ab Bench, VKR/Dip, Hyper Extension, Leg Sled, Leg Curl, Leg Extension, Lat Pulldown, Back Extension, Abdominal, Chest Press, Squat Cage, Pec, Standing Tricep, Prone Leg Curl, Calf Sled, Standing Calf, Total Hip, Rear Deltoid, Tricep Extension, Chest Extension, Assisted Chin Dip, Hip Abductor, Lateral Raise, Pec Fly, Seated Row, Tricep Dip, Pullover, Pec/Rear Delt, Olympic , selectorized , dumbbells , weights, gym,,