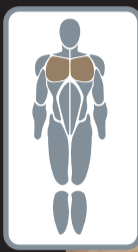


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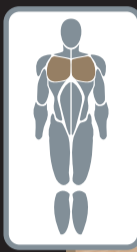
FUSION 600

PERSONAL TRAINER

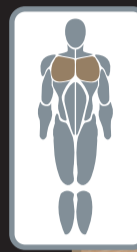
EXERCISE CHART



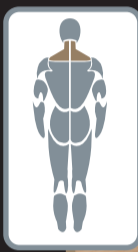
Chest Press



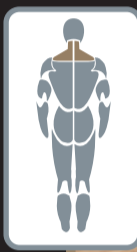
Incline Chest Press



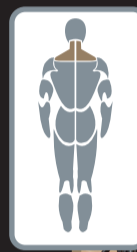
Pectoral Cable Fly



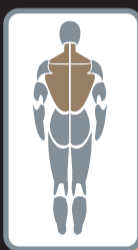
Shoulder Press



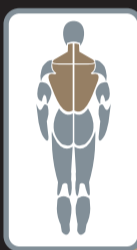
Upright Row



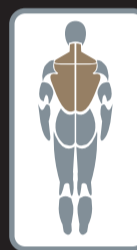
Lateral Deltoid Raise



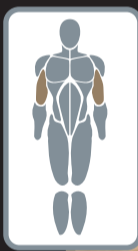
Lat Pull Down



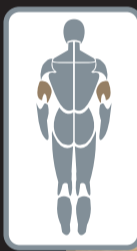
Seated Row



Bent Over Row



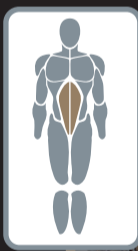
Biceps Curl



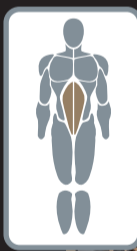
Triceps Extension



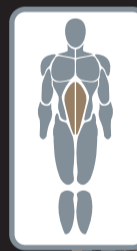
Concentration Curl



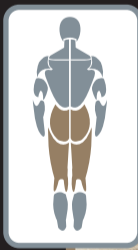
Ab Crunch



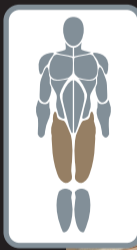
Oblique Crunch



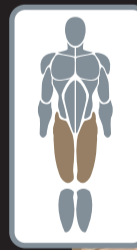
Standing Oblique Twist



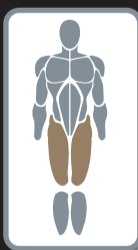
Glute Kickback



Leg Adduction



Leg Abduction



Leg Extension



Calf Press



Leg Curl



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