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Strength Training Log		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				v/////////////////////////////////////	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
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Muscles Worked: Chest (primary), Shoulders and Triceps Equipment Needed: Resistance Tube Instructions; Attach your resistance tube to the door strap and close your door with your door strap between the door and door frame. Place one leg in front of you with your arms at 90 degree angle grasping the handles (palms facing down), Males sure your hands are about chest level. Extend your arms without moving your body forward then slowly return to the starting position and repeat 8-15 reps. High Row Muscles Worked [Upper Back (primary) and biceps Equipment Needed [Resistance Tube Instructions] Attach your resistance mhe to the door strap and close your door with your door strap between the door and door frame. Start with your arms (fully extended, palms facing down, knees bent, and feet slightly wider than shoulders width. Full the handles bed so they stop at your chest and squeeze your shoulder blades together. Return to shoulders width. Full the handles bed so they stop at your chest and squeeze your shoulder blades together. Return to shoulders width. Full the handles bed to the property of the property of the palms facing down, knees bent, and feet albut shoulders with the land of the property of the palms facing to the palms facing to the palms facing to the land of the palms facing to the land of the palms facing to the palms facing up, knees slightly bent, and feet about shoulders width. Flex your elbows so your bands stop at ears. Return to your starting position and repeat 8-15 reps. Triceps Richard Resistance Tube Instructions Attach your resistance tube to the door strap and close your door with your door strap between the door and door frame. Slightly bend over while keeping your head up, back flat, and palms facing down. Place your clows by your rift eage and extend your albows until they are straight. Return to your starting position and repeat 8-15 reps. Shoulder Pross. Muscles Worked Resistance Tube Instructions Stand your place Stand your place Stand your place Stand your place Stan	Exercises	Instructions and Tips
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your chest and your right elbow towards your left knee (lifts your left shoulder off the floor and twist towards the right).		
Repeat in the opposite side and continue in a fluid motion. Perform 20-30 reps.		
		Repeat in the opposite side and continue in a fluid motion. Perform 20-30 reps.

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