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and perform each of the following exercises once, then warm down.

Follow the instruction for each of the exercise routines shown. 1

ABDOMINALS Definition A. With each hand grasp the ropes near the top ...

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straight out. B. Inhale deeply pull your stomach in and push down while exhaling and counting slowly out loud from 1 to 10. 8. ABDOMINALS Full range A. Kneel on the floor with the Bullworker against the front of one of your knees. B. Lean forward and grasp the outer rope only in each

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