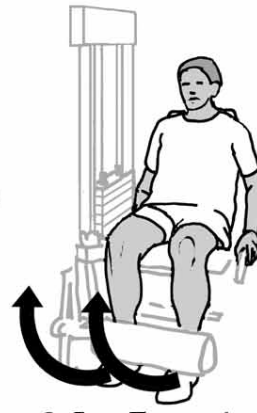


## Advanced Miracle Workout Resistance Exercises



1. Leg Press



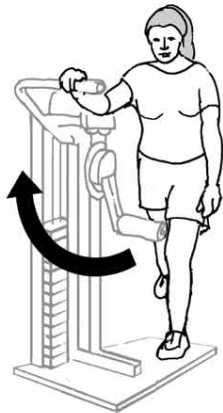
2. Leg Extension



3. Leg Flexion



4a. Hip Flexion



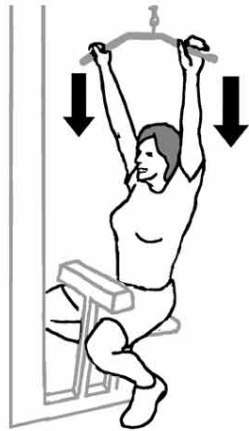
4b. Hip Extension



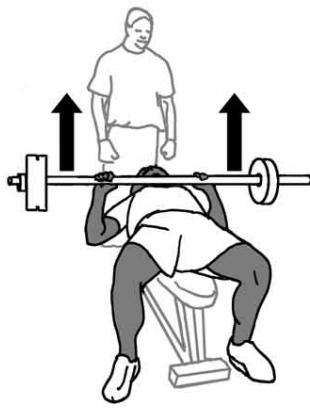
4c. Hip Abduction



4d. Hip Adduction



5. Lat Pull Down



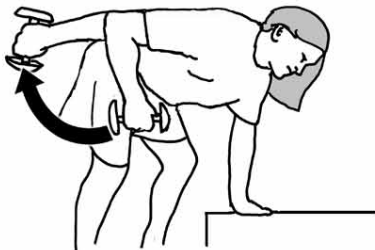
6. Bench Press



7. Overhead Press



8. Arm Curl



9. Triceps Extension



10. Curl-Up

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