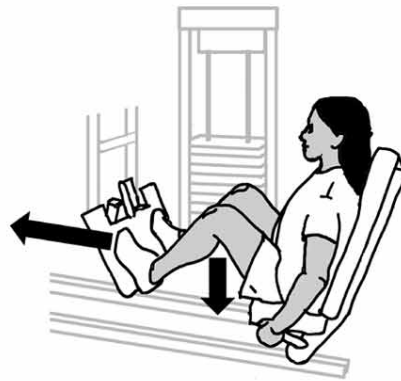
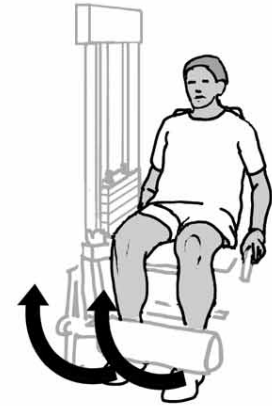


Beginning Miracle Workout Resistance Exercises



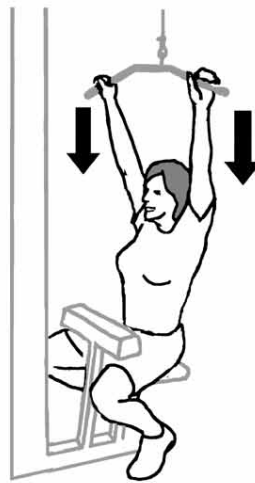
1. Leg Press



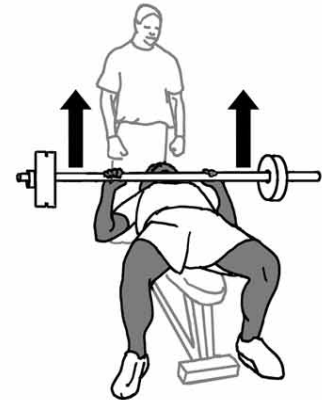
2. Leg Extension



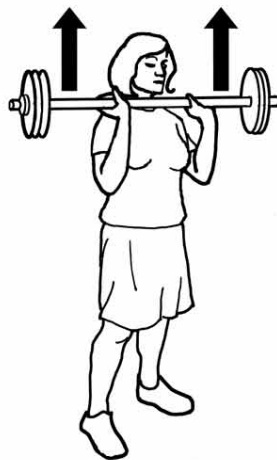
3. Leg Flexion



4. Lat Pull Down



5. Bench Press



6. Overhead Press



7. Curl-Up