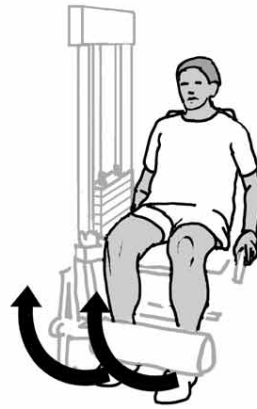


Intermediate Miracle Workout Resistance Exercises



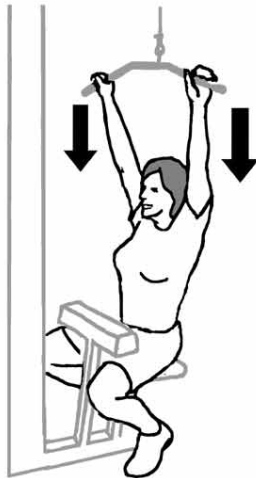
1. Leg Press



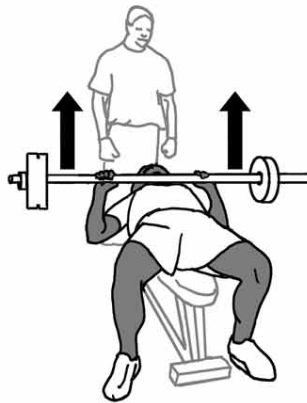
2. Leg Extension



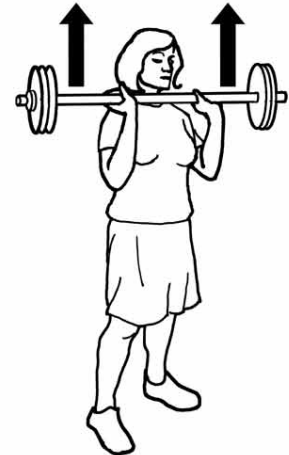
3. Leg Flexion



4. Lat Pull Down



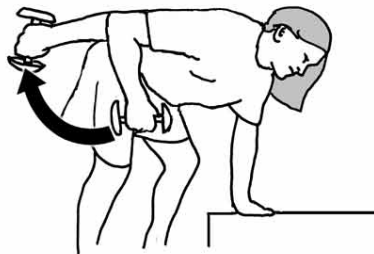
5. Bench Press



6. Overhead Press



7. Arm Curl



8. Triceps Extension



9. Curl-Up

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