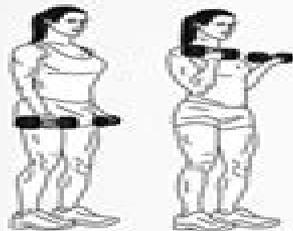
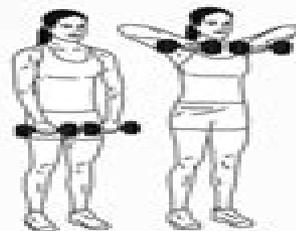


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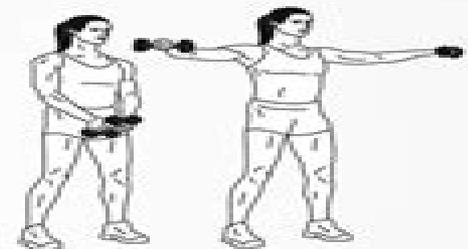
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60sec rest between sets



**8 upright rows x 5 sets**  
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# Bodypump Program Manual

**Z. Szatmáry, Hungarian Academy of  
Sciences, Budapest (Hungary).  
Central Research Institute for Physics**

## **Bodypump Program Manual:**

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### **Pumping Manual**

Christopher Dickenson, T. Christopher Dickenson, 1988

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