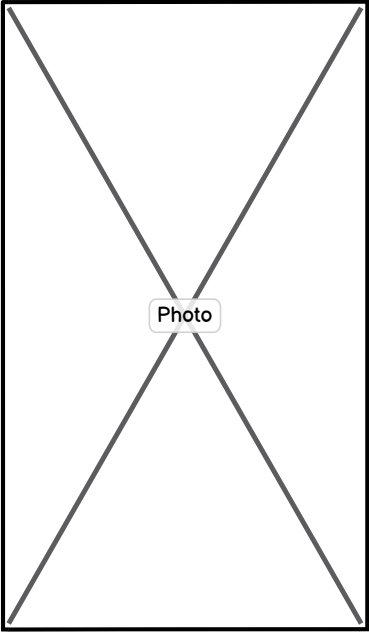


Gym Buddy

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ENTER



Chest

Back

Shoulders

Biceps

Triceps

Abdominals

Hamstrings

Quads

Calfs

Anatomy Front

Anatomy Back

Relative Body Part

Exercise

1. The first part of the exercise is to identify the relative body part. This is done by looking at the diagram and identifying the part of the body that is being referred to.

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