

# Save Your Life & Live



With Dr. Ross's 12 *Stress Breakthroughs* in

Weight Loss and Miracle Healing Course ©

## Major Muscle Group Exercises

Quadriceps	Standing Bench Leg Extensions	One Leg Dumbbell Squats
Hamstrings	Dumbbell Lunges	Lying One Leg Curls
Calves	One-Leg Standing Calf Raises	Seated One-Leg Raises
Abdominals	Floor Crunches	Floor Straight Leg Obloquies
Chest	Dumbbell Bench Press	Dumbbell Flyes
Shoulders	Standing Dumbbell Press	Standing Side Raises
Back	One-Arm Dumbbell Rows	One-Arm Bent-Over Dumbbell Raises
Triceps	Standing One-Arm Dumbbell Extensions	Lying One-Arm Dumbbell Extensions
Biceps	Standing Dumbbell Curls	Seated Dumbbell Curls

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