

EXERCISE TO BUILD YOUR BACK

BARBELL



BENT OVER ROW

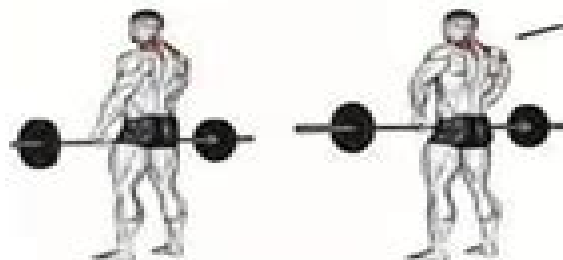


LATS

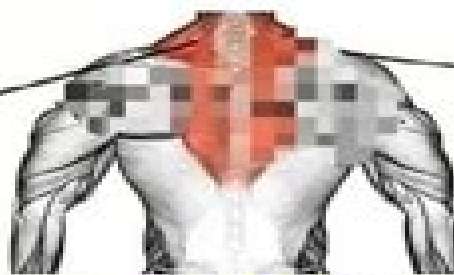
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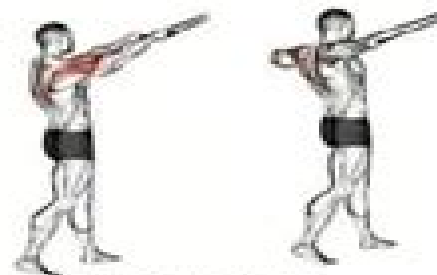
LAT PULLDOWN



SHRUGS



TRAPS



FACE PULL



T-BAR ROW



TERES MAJOR



CABLE ROW

Basic Back

Lei Shi



Basic Back:

Basic Back Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Basic Back**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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