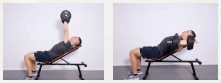
CHEST DUMBBELL EXERCISES

1. Incline Bench Press

2. Incline Dumbbell Fly



3. Flat Bench Press

4. Flat Dumbbell Fly

5. Floor press

6. Chest Pullover

7. Reverse-Grip Press

8. Crush Press

9. Hyght Dumbbell Fly

10. Incline Champagne Press

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