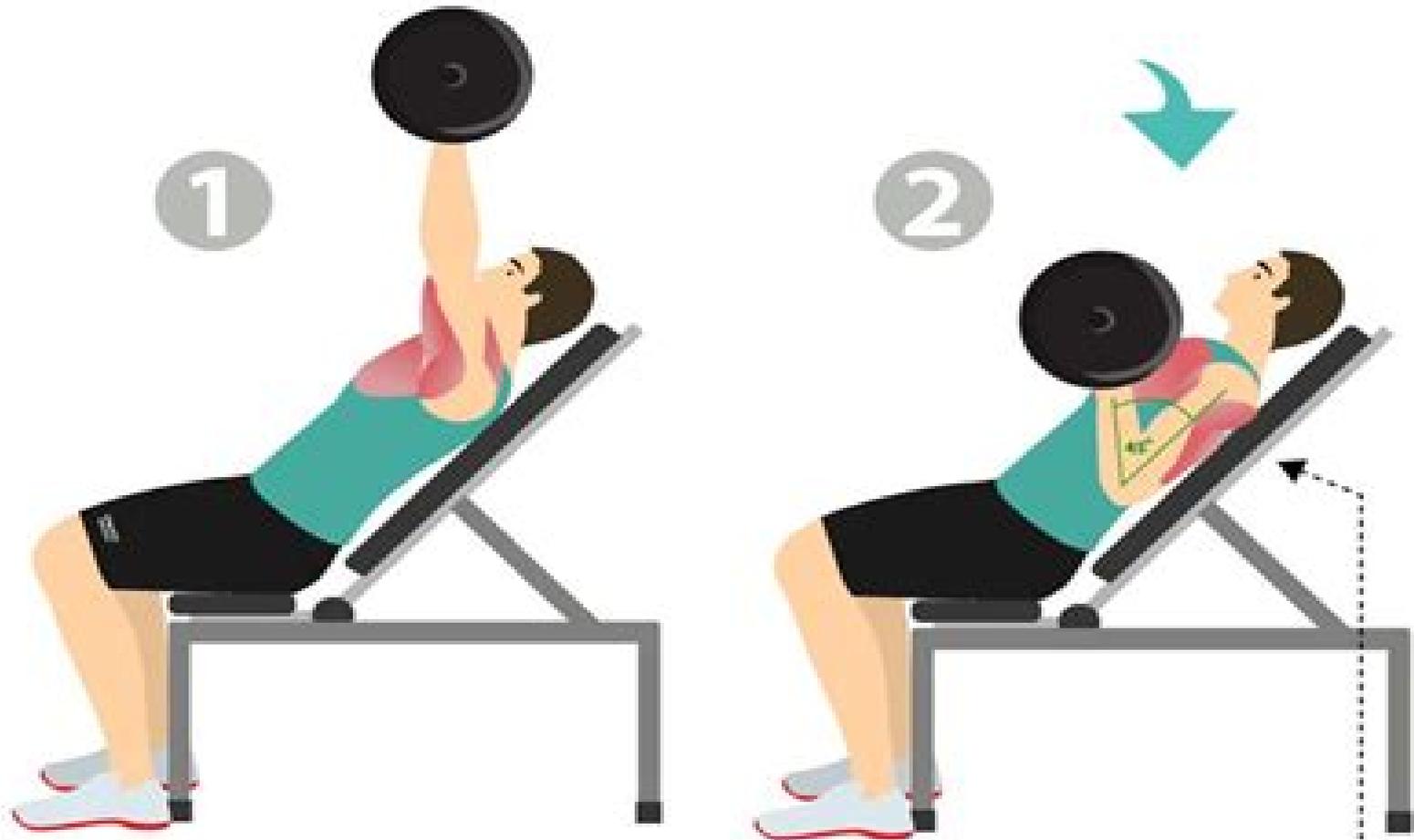


ATHLETIC INSIGHT



5

Lower the bar with control to your chest,
Put your elbows at a **45-degree angle** with your body.

Bench Workout

JL Elias



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