

MANDATORY POSES MEN'S BODYBUILDING



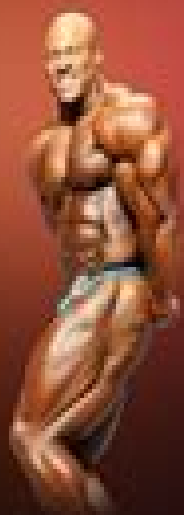
POSE #1:
FRONT DOUBLE BICEP POSE



POSE #2:
FRONT LAT SPREAD POSE



POSE #3:
SIDE CHEST POSE



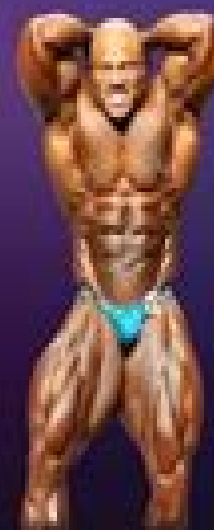
POSE #4:
SIDE TRICEP POSE



POSE #5:
BACK DOUBLE BICEP POSE



POSE #6:
BACK LAT SPREAD POSE



POSE #7:
ABDOMINAL & THIGH POSE



POSE #8:
MOST MUSCULAR POSE

Basic Bodybuilding Techniques

Clifford Lane



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