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 yourfitnesstories Machine shoulder press  
Seated dumbbell press

Power squat machine  
Smith hack squat

Pec dec fly  
Dumbbell fly

Landmine rows machine  
Barbell landmine rows

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On the 45-degree leg press, you experience about 70% of the weight you've loaded on the machine. In contrast, on the 90-degree leg press, you feel the full weight you've loaded.

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