

# Efratom M100 User Guide

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tips on how to grow your muscles and get them looking even ... Muscles in the anterior, posterior, & lateral side of torso/trunk, with list of names, regions, & what muscles flex, rotate, extend the torso, with labeled chart

*14 Flexibility Exercises for a Full-Body Stretch to Reduce Pain*

*Flex Your Torso: 5-Minute Pilates for Spine Longevity*

*How to Engage Your Core (the Right Way) - Verywell Fit*

**Flexing Muscles: Techniques For Showing Off Your Physique**

Torso Muscles: Anterior, Lateral, & Posterior Sides With Diagrams

*Can Flexing Muscles Make You Physically and Mentally Healthier? - WebMD*

**Flex Your Way To A Harder Body - Vital Whole Human - T NATION**

**4 Ways to Flex - wikiHow**

*How To Flexing Muscles: (Learn it Now!) - Baller*

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**SPINE STRETCHING EXERCISES TO GET YOU A LONGER TORSO**

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