

# WEIDER



# BODY WORKS PRO

**Arm Pullover**



1  
2  
ARM PULLOVER

**Butterfly**



1  
2  
BUTTERFLY

**Cardio Pull**



1  
2  
CARDIO PULL

**Abdominal Crunch**



1  
2  
CRUNCH

**Front Deltoid Raise**



1  
2  
FRONT DELT

**Glute Stretch**



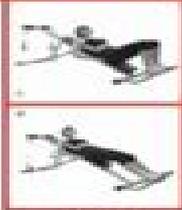
1  
2  
GLUTE STRETCH

**Hip Abduction**



1  
2  
HIP

**Squat**



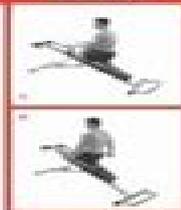
1  
2  
SQUAT

**Rowing Machine**



1  
2  
ROW

**Rowing Machine**



1  
2  
ROW

**Shoulder Twist**



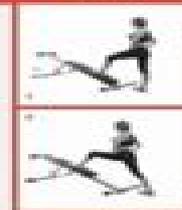
1  
2  
SHOULDER

**Triceps Extension**



1  
2  
TRICEPS

**Lunge**



1  
2  
LUNGE

**One Leg Squat**



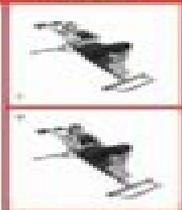
1  
2  
ONE LEG SQUAT

**Pull Up**



1  
2  
PULL UP

**Push Up**



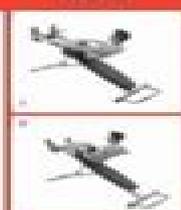
1  
2  
PUSH UP

**Back Deltoid Raise**



1  
2  
BACK DELT

**Rowing**



1  
2  
ROWING

**Seated Bench Press**



1  
2  
SEATED BENCH PRESS

**Seated Curl**



1  
2  
SEATED CURL

**Seated Knee Pull**



1  
2  
SEATED KNEE PULL

**Seated Row**



1  
2  
SEATED ROW

**Sit Bench**



1  
2  
SIT BENCH

**Twisted Squat**



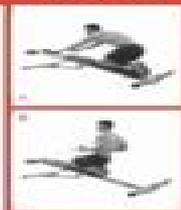
1  
2  
TWISTED SQUAT

**Stretching**



1  
2  
STRETCHING

**Side Pull**



1  
2  
SIDE PULL

**Crossover Pull Feet Down**



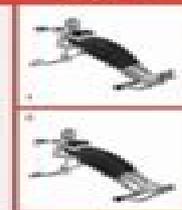
1  
2  
CROSSOVER PULL FEET DOWN

**Crossover Pull Feet Up**



1  
2  
CROSSOVER PULL FEET UP

**Torso Raise**

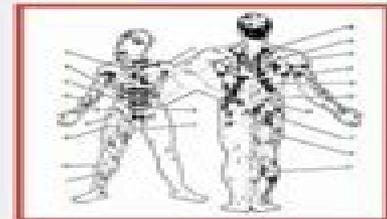


1  
2  
TORSO RAISE

Triceps  
Shoulder  
Forearm

**Muscle Chart**

Triceps  
Shoulder  
Forearm



# Weider Body Works Pro Exercise Chart Kiddly

**Ying Liu**



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web finch aviary design and plans many people choose to design and build their own aviaries but if you don t feel up to a bit of diy you can buy a basic structure in a flat pack style these will usually consist of a metal or wooden frame covered in mesh

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web design a cage that is reasonable for to number and size about your birds and then purchase the materials that it needing

## **Weider Body Works Pro Exercise Chart Kiddly**

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attach wiring mesh to wooden square save the roof is waterproofed by sealing the top of i with materials such for asphalt roofing press one sheet by corrugated roofing