

WEIDER



BODY WORKS PRO

Arm Pullover



1. SEATED
2. SEATED

Butterfly



1. SEATED
2. SEATED

Cardio Pull



1. SEATED
2. SEATED

Abdominal Crunch



1. SEATED
2. SEATED

Front Deltoid Raise



1. SEATED
2. SEATED

Glute Stretch



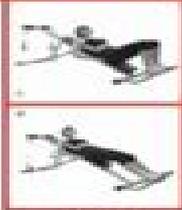
1. SEATED
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Hip Abduction



1. SEATED
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Squat



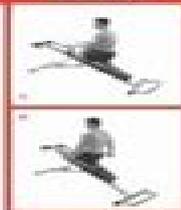
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Hamstring Stretch



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Latissimus Raiseback



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Oblique Twist



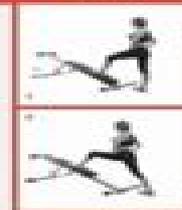
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Trapezius Extension



1. SEATED
2. SEATED

Legs



1. SEATED
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One Leg Squat



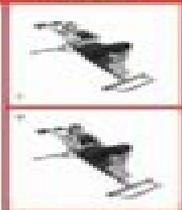
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Pull Up



1. SEATED
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Pushup Ab Crunch



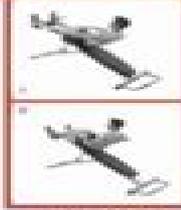
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Rear Deltoid Raise



1. SEATED
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Rowing



1. SEATED
2. SEATED

Seated Bench Press



1. SEATED
2. SEATED

Seated Curl



1. SEATED
2. SEATED

Seated High Pull



1. SEATED
2. SEATED

Seated Row



1. SEATED
2. SEATED

Sit Bench



1. SEATED
2. SEATED

Twisted Squat



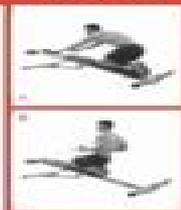
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Stretching



1. SEATED
2. SEATED

Sit Pull



1. SEATED
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Crossover Pull Feet Down



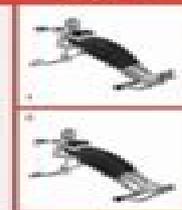
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Crossover Pull Feet Up



1. SEATED
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Torso Raise

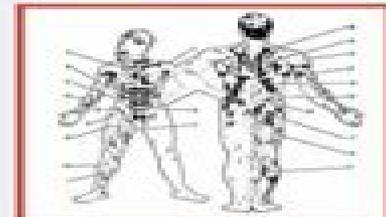


1. SEATED
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Triceps by Weider
Triceps by Weider

Muscle Chart

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THE TOTAL BODY STRENGTH TRAINING BENCH

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