

FIRST COURSE CHART No. 1

BEGINNER'S EXERCISES: TO BE PERFORMED ON THE FIRST EXERCISE DAY OF EACH WEEK



BENCH PRESS (FIG. 1)



BENT ARM LATERAL (FIG. 2)



STIFF ARM PULL-OVER (FIG. 3)



STRICT BARBELL CURL (FIG. 4)



LYING TRICEPS CURL (FIG. 5)



BENT OVER BARBELL ROWING (FIG. 6)



BENT OVER LATERAL (FIG. 7)



HIGH LATERAL RAISE (FIG. 8)



FORWARD LATERAL RAISE (FIG. 9)



PRONE SHRUG (FIG. 10)



KNEE WEIGHT CURL (FIG. 11)



FLAT FOOT SQUAT (FIG. 12)



CALF RAISE (FIG. 13)



LEG RAISE (FIG. 14)

The Weider System Of Bodybuilding

S Nieto



The Weider System Of Bodybuilding:

Uncover the mysteries within Crafted by is enigmatic creation, Discover the Intrigue in **The Weider System Of Bodybuilding** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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