

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 RIGHT (FIG. 12)



CALF RAISE (FIG. 13)



LEG RAISE (FIG. 14)

The Weider System Of Bodybuilding

Roman Wölfel



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