

# 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**



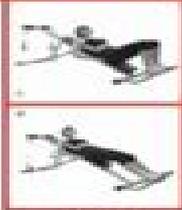
1. SEATED  
2. SEATED

**Hip Abduction**



1. SEATED  
2. SEATED

**Squat**



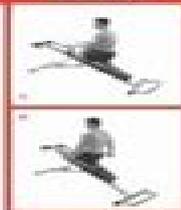
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**Hamstring Stretch**



1. SEATED  
2. SEATED

**Latissimus Raiseback**



1. SEATED  
2. SEATED

**Oblique Twist**



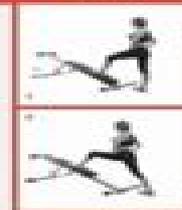
1. SEATED  
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**Trapezius Extension**



1. SEATED  
2. SEATED

**Legs**



1. SEATED  
2. SEATED

**One Leg Squat**



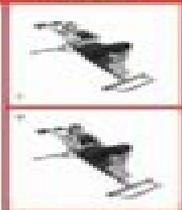
1. SEATED  
2. SEATED

**Pull Up**



1. SEATED  
2. SEATED

**Pushup As Cross**



1. SEATED  
2. SEATED

**Rock Deltoid Raise**



1. SEATED  
2. SEATED

**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**



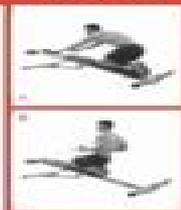
1. SEATED  
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**Stretching**



1. SEATED  
2. SEATED

**Side Pull**



1. SEATED  
2. SEATED

**Crossover Pull Feet Down**



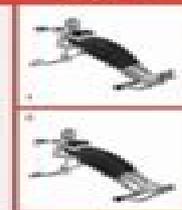
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**Crossover Pull Feet Up**



1. SEATED  
2. SEATED

**Torso Raise**

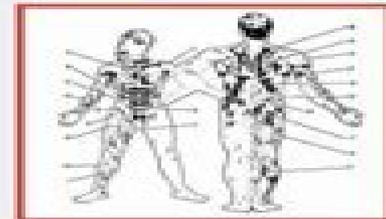


1. SEATED  
2. SEATED

Triceps by Weider  
Triceps by Weider

**Muscle Chart**

Triceps by Weider  
Biceps by Weider



THE TOTAL BODY STRENGTH TRAINING BENCH

# Weider Body Works Pro Exercise Chart Kiddly

**Kevin Sahlie**



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