

WEIDER



BODY WORKS PRO

Arm Pullover



1. ARM PULLOVER

Butterfly



1. BUTTERFLY

Cardio Pull



1. CARDIO PULL

Abdominal Crunch



1. CRUNCH

Front Deltoid Raise



1. FRONT DELTOID RAISE

Glute Stretch



1. GLUTE STRETCH

Hip Abduction



1. HIP ABDUCTION

Squat



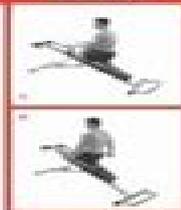
1. SQUAT

Rowing Machine



1. ROWING MACHINE

Rowing Machine



1. ROWING MACHINE

Shoulder Twist



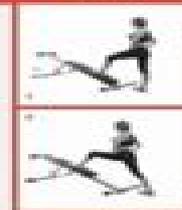
1. SHOULDER TWIST

Torso Extension



1. TORSO EXTENSION

Legs



1. LEGS

One Leg Squat



1. ONE LEG SQUAT

Pull Up



1. PULL UP

Push Up



1. PUSH UP

Rock Deltoid Raise



1. ROCK DELTOID RAISE

Rowing



1. ROWING

Seated Bench Press



1. SEATED BENCH PRESS

Seated Curl



1. SEATED CURL

Seated High Pull



1. SEATED HIGH PULL

Seated Row



1. SEATED ROW

Sit Bench



1. SIT BENCH

Twisted Squat



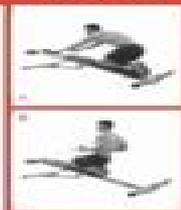
1. TWISTED SQUAT

Stretching



1. STRETCHING

Side Pull



1. SIDE PULL

Crossover Pull Feet Down



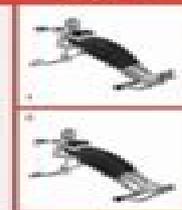
1. CROSSOVER PULL FEET DOWN

Crossover Pull Feet Up



1. CROSSOVER PULL FEET UP

Torso Raise

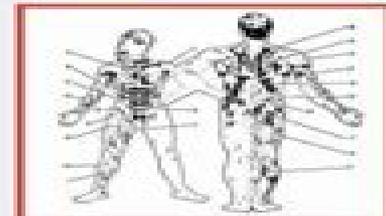


1. TORSO RAISE

Developed by Weider
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MUSCLE CHART

Trained by Weider
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THE TOTAL BODY STRENGTH TRAINING BENCH

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