

WEIDER



BODY WORKS PRO

Arm Pullover



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Butterfly



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Cardio Pull



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Abdominal Crunch



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Front Deltoid Raise



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Glute Stretch



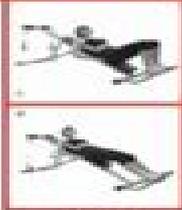
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Hip Abduction



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Squat



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Rowing Machine



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Rowing Machine



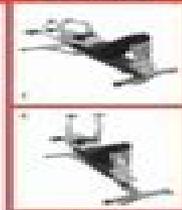
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Shoulder Twist



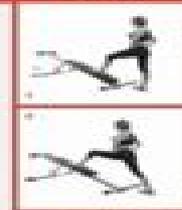
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Torso Extension



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Legs



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One Leg Squat



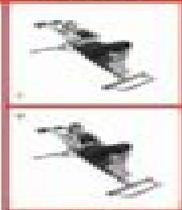
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Pull Up



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Push Up



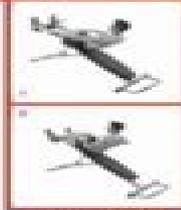
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Row Deltoid Raise



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Rowing



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Seated Bench Press



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Seated Curl



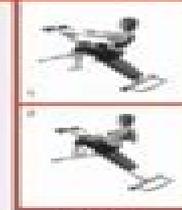
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Seated High Pull



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Seated Row



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Sit Bench



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Twisted Squat



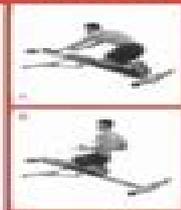
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Stretching



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Sit Pull



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Crossover Pull Feet Down



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Crossover Pull Feet Up



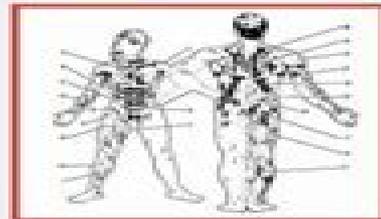
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Torso Raise



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Triceps Dip



Muscle Chart

Triceps Dip

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Kevin Sahlie



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