

WEIDER



BODY WORKS PRO

ANK PULLERS



Move
A, B, C, D, E

BUTTERFLY



Move
A, B, C, D

CARDIO PULL



Move
A, B, C, D, E

REARFOOT CROUCH



Move
A

FRONT DELTOID RAISE



Move
A, B, C

GLUTE STRETCH



Move
A, B, C, D, E

HIP ABDUCTION



Move
A, B, C

SPURT



Move
A, B, C, D, E

MIDDLE STRETCH



Move
A, B, C, D

KNEELING KICKBACK



Move
A, B

DELTOID TWIST



Move
A, B, C, D

TRICEPS EXTENSION



Move
A, B, C

LEGS



Move
A, B, C, D, E

ONE LEG SQUAT



Move
A, B, C, D, E

PULL UP



Move
A, B, C, D, E

PULLER AS CROUCH



Move
A

REAR DELTOID RAISE



Move
A, B, C

BOWING



Move
A, B, C, D, E

SEATED BENCH PRESS



Move
A, B, C

SEATED CURL



Move
A, B, C

SEATED HIGH PULL



Move
A, B, C

SEATED ROW



Move
A, B, C, D, E

SIDE BEND



Move
A, B, C

TWISTED SQUAT



Move
A, B, C

STRETCHER



Move
A, B, C

SIDE PULL



Move
A, B, C

**CROSSOVER PULL
FEET DOWN**



Move
A, B, C

**CROSSOVER PULL
FEET UP**



Move
A, B, C

TORSE

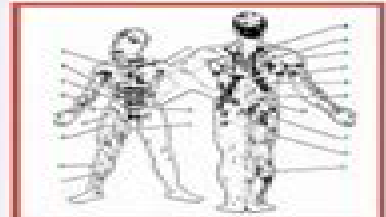


Move
A, B, C

Triceps, Deltoid, Biceps, Forearm, Hip, Knee, Ankle

MUSCLE CHART

Triceps, Deltoid, Biceps, Forearm, Hip, Knee, Ankle



THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Weight Bench Exercise Guide

Jiyuan Zhang

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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 - Chapter 2: Essential Elements of Weider Weight Bench Exercise Guide
 - Chapter 3: Weider Weight Bench Exercise Guide in Everyday Life
 - Chapter 4: Weider Weight Bench Exercise Guide in Specific Contexts
 - Chapter 5: Conclusion
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 3. In chapter 2, the author will delve into the foundational concepts of Weider Weight Bench Exercise Guide. This chapter will elucidate the essential principles that must be understood to grasp Weider Weight Bench Exercise Guide in its entirety.
 4. In chapter 3, the author will examine the practical applications of Weider Weight Bench Exercise Guide in daily life. The third chapter will showcase real-world examples of how Weider Weight Bench Exercise Guide can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Weider Weight Bench Exercise Guide in specific contexts. This chapter will explore how Weider Weight Bench Exercise Guide is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Weider Weight Bench Exercise Guide. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Weider Weight Bench Exercise Guide.

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