

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

REAR DLT. CRUNCH



Move
A

FRONT DLT. 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

HADDLE RELEASE



Move
A, B

DELTAID TIGHT



Move
A, B, C

TROCHS EXTENSION



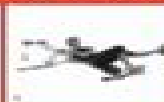
Move
A, B, C

LEGG



Move
A, B, C, D, E

ONE LEG SPURT



Move
A, B, C, D, E

PULL UP



Move
A, B, C, D, E

PULLER AS CRUNCH



Move
A

REAR DLT. 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 SPURT



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

TOE RAISE

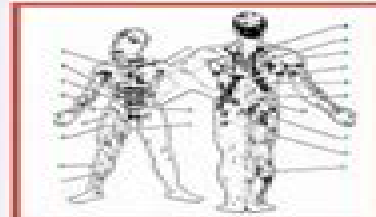


Move
A, B, C

Trainer: Dr. William
Trainer: Dr. William

MUSCLE CHART

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THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Weight Bench Exercise Guide

Tom Venuto

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

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In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Weider Weight Bench Exercise Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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