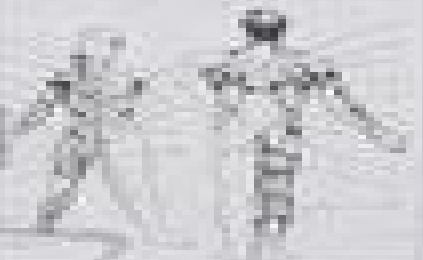


EXERCISE	REPS	SETS	REST
1. BENCH PRESS	10	3	1 min
2. BICEP CURL	10	3	1 min
3. DUMBBELL PRESS	10	3	1 min
4. DUMBBELL ROW	10	3	1 min
5. DUMBBELL SHOULDER PRESS	10	3	1 min
6. DUMBBELL SQUAT	10	3	1 min
7. DUMBBELL STEP-UP	10	3	1 min
8. DUMBBELL TRICEP EXTENSION	10	3	1 min
9. DUMBBELL WALKER	10	3	1 min
10. DUMBBELL WALKER	10	3	1 min

1. BENCH PRESS
2. BICEP CURL
3. DUMBBELL PRESS
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7. DUMBBELL STEP-UP
8. DUMBBELL TRICEP EXTENSION
9. DUMBBELL WALKER
10. DUMBBELL WALKER



Weider Power Guide Chart

Gary Bannister, MEd

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

Weider Power Guide Chart:

Golf Performance Training Gary Bannister, MEd, 2016-04-20 If you've been golfing for any stretch of time you've probably been exposed to the myth that movement based functional training and sport specific exercise can make you a better golfer Gary Bannister reveals a proven muscle based alternative that gets better results proper strength training A longtime golfer Bannister has played with some of the worlds greatest champions He established and coached the mens and womens varsity golf teams at Averett College and opened South Americas first Nautilus gym which led him to prepare Venezuelas male and female golf teams for the World Team Amateur Championship in 1986 Bannister advises golfers to build the muscles involved in golf in the most efficient and effective way you can without trying to be specific That means without trying to duplicate the actions of the golf swing Only after you've done that should you focus on learning to use that strength to your advantage on the golf course Filled with golfing anecdotes rich history and exercises that will keep you fit you'll be amazed by how much your game improves through Golf Performance Training

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Shape ,1996-05 *Scientific American* ,1896 **Popular Mechanics** Henry Haven Windsor, 1950-04 **The Directory of U.S. Trademarks** ,1992 *The SAE Journal* ,1949 Vols 30 54 1932 46 issued in 2 separately paged sections General editorial section and a Transactions section Beginning in 1947 the Transactions section is continued as SAE quarterly transactions *Welding Engineer* ,1959 **Television & Cable Factbook** ,1998 AB Bookman's Weekly ,1994

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