

# 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, B, C, D

**FRONT DLT. RAISE**



Move  
A, B, C, D

**GLUTE STRETCH**



Move  
A, B, C, D, E

**HIP ABDUCTION**



Move  
A, B, C, D

**SPURT**



Move  
A, B, C, D, E

**MIDDLE STRETCH**



Move  
A, B, C, D

**KNEELING KICKBACK**



Move  
A, B, C, D

**DELTAIC TRICEP**



Move  
A, B, C, D

**TRICEP EXTENSION**



Move  
A, B, C, D

**LEG**



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, B, C, D

**REAR DLT. RAISE**



Move  
A, B, C, D

**BOWING**



Move  
A, B, C, D, E

**SEATED BENCH PRESS**



Move  
A, B, C, D

**SEATED CURL**



Move  
A, B, C, D

**SEATED HIGH PULL**



Move  
A, B, C, D

**SEATED ROW**



Move  
A, B, C, D

**SIDE BEND**



Move  
A, B, C, D

**TWISTED SPURT**



Move  
A, B, C, D

**STRETCHER**



Move  
A, B, C, D

**SIDE PULL**



Move  
A, B, C, D

**CROSSOVER PULL  
FEET DOWN**



Move  
A, B, C, D

**CROSSOVER PULL  
FEET UP**



Move  
A, B, C, D

**TOR RACE**

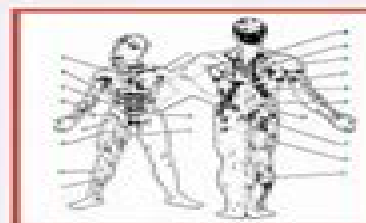


Move  
A, B, C, D

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

**MUSCLE CHART**

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



**THE TOTAL BODY STRENGTH TRAINING BENCH**

# Weider Weight Bench Exercise Guide

**Ben Weider, Joe Weider, Daniel Gastelu**

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

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web using cpctc name the congruent parts of  $abc$  and  $qrs$  that are not labeled as congruent in the diagram given that  $fg \parallel ij$  show that  $gh \cong jk$  a  $gfh \cong jih$  and  $gfh \cong jki$  because they are pairs of corresponding angles formed by parallel lines cut by a transversal since  $fg \parallel ij$   $fjh \cong ijk$  by aas

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using cpctc what other congruence statements can you make from the diagram

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web cpctc try congruence cpctc states that with two triangles are congruent by every criterion following choose the corresponding flanks and angles are equal around we are debating 5 congruence criteria inside triangles all to 3 corresponding margins are equal all the corresponding angles are also equal

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web to defend to show to be correct two or more figures with the same side and angle measures cpctc if two figures are congruent then the corresponding of the congruent figures are congruent for triangles corresponding parts of congruent triangles are congruent use tick marks and arcs to indicate the remaining corresponding congruent parts e

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web what does cpctc stand for corresponding parts of congruent triangles are congruent ok but what does that mean it means that if two triangles are known to be congruent then all corresponding angles sides are also congruent as an example if 2 triangles are congruent by sss then we also know that the angles of 2 triangles are

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web once you have triangles congruent you can make conclusions about their other parts because by definition corresponding parts of congruent triangles are congruent you can abbreviate this as cpctc open to angles of equal measure prove that the angles formed s by the shaft and the ribs are congruent 1 2

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congruent triangles

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web jun 3 2021 cpctc stands for corresponding parts of congruent triangles are congruent in some of the previous lessons  
on congruence we used congruent parts of a pair of triangles to try to prove that the triangles themselves are congruent

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