

# 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

**TRICEPS EXTENSION**



Move  
A, B, C

**LEGGE**



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 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**



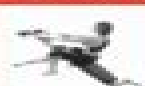
Move  
A, B, C

**SEATED HIGH PULL**



Move  
A, B, C

**SEATED ROW**



Move  
A, B, C, D, E

**SIDE BEND**



Move  
A, B, C

**TWISTED 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

**TAIL RAISE**

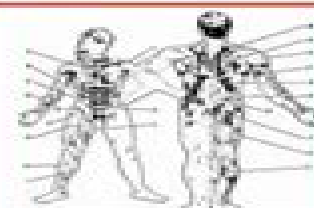


Move  
A, B, C

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

**Lei Shi**

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

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