

WEIDER



BODY WORKS PRO

ARM PULLOVER



Muscle: **TRAPPEZOID**

BUTTERFLY



Muscle: **ABDOM**

CARDIO PULL



Muscle: **GLUTEUS, FEMUR**

ABDOMINAL CRUNCH



Muscle: **ABDOM**

FRONT DELTOID RAISE



Muscle: **DELTO**

CRANK STRETCH



Muscle: **CRANK**

HIP ADDUCTION



Muscle: **ADD**

SQUAT



Muscle: **FEMUR, GLUTE**

MIDDLE STRETCH



Muscle: **MID**

KNEELING KICKBACK



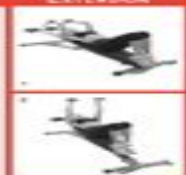
Muscle: **KICK**

OBLIQUE TWIST



Muscle: **OB**

TRICEPS EXTENSION



Muscle: **TRICEPS**

LUNGE



Muscle: **FEMUR**

ONE LEG SQUAT



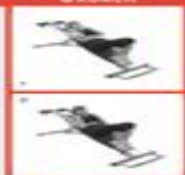
Muscle: **FEMUR, GLUTE**

PULL UP



Muscle: **PULL**

PULLEY AB CRUNCH



Muscle: **AB**

REAR DELTOID RAISE



Muscle: **DELTO**

ROWING



Muscle: **ROW**

SEATED BENCH PRESS



Muscle: **PRESS**

SEATED CURL



Muscle: **CURL**

SEATED HIGH PULL



Muscle: **HIGH PULL**

SEATED ROW



Muscle: **ROW**

SIDE BEND



Muscle: **BEND**

TWISTING SQUAT



Muscle: **SQUAT**

STRETCHER



Muscle: **STRETCH**

SIDE PULL



Muscle: **SIDE PULL**

CROSSOVER PULL FEET DOWN



Muscle: **CROSSOVER PULL**

CROSSOVER PULL FEET UP



Muscle: **CROSSOVER PULL**

TOE RAISE



Muscle: **TOE RAISE**

TABLE OF MUSCLES

TABLE OF MUSCLES

MUSCLE CHART

MUSCLE CHART

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The acclaimed approach to helping children with autism profiled in the award winning documentary Autism The Musical This groundbreaking book outlines seven integrated keys for educators and parents to make meaningful connections with children on the autism spectrum The book is based on the unique approach used by Elaine Hall and Diane Isaacs of The Miracle Project a musical theater program for children with autism and their peers and siblings The Miracle Project integrates traditional and creative therapies in an interactive social dynamic The book shows how to apply these effective strategies at school and at home to nurture kids self expression and social skills Elaine Hall and The Miracle Project were profiled in the two time Emmy Award winning HBO documentary Autism The Musical Seven Keys reveals the seven step program that has proven so successful for children in the Miracle Project After reading Seven Keys teachers and parents will better understand this puzzling disorder and be able to help children with autism draw connections and form more meaningful relationships Seven Keys to Unlock Autism offers readers strategies for creating a personal skill set to make their encounters with autistic children as successful and rewarding as possible **Willing's Press Guide** ,2003 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts

Muscles in the Movies John D. Fair,David L. Chapman,2020-11-16 John Fair and David Chapman tell the story of how filmmakers use and manipulate the appearance and performances of muscular men and women to enhance the appeal of their productions The authors show how this practice deeply rooted in western epistemological traditions evolved from the art of photography through magic lantern and stage shows into the motion picture industry arguing that the sight of muscles in action induced a higher degree of viewer entertainment From Eugen Sandow to Dwayne The Rock Johnson muscular actors appear capable of performing the miraculous and with the aid of stuntmen and filming contrivances they do By such means muscles are used to perfect the art of illusion inherent in movie making from its earliest days *House & Garden* ,1976 **The Video Source Book** David J. WEINER,1990

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