

WEIDER PRO

WEIGHT SYSTEM EXERCISE GUIDE

1 CHEST PRESS

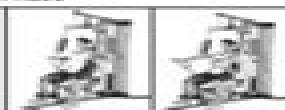


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2 SINGLE ARM LAT PULL-DOWN

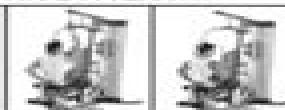


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3 CHEST FLY

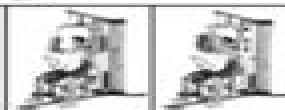


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4 SEATED LATERAL RAISE

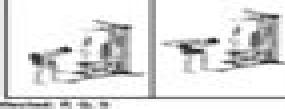


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5 LATERAL RAISE



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6 TERMINAL ARM P/REACHER CURL



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7 TRICEPS W/BACK



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8 UPRIGHT ROW



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9 STANDING ROW



10 BICEPS CURL



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11 SINGLE ARM TRICEP PUSH-DOWN

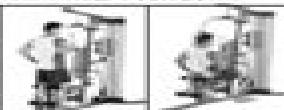


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12 STANDING CURL



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13 TRICEPS PUSH-DOWN



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14 SEATED ARM PULL-DOWN



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15 LAT PULL-DOWN



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16 SEATED ROW



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17 CALF RAISE



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18 BICEPS-TRICEPS COMBO



19 HIP FLEXION



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20 LEG EXTENSION



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21 LEG CURL



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22 ABDUCTION/ADDITION



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23 HEEL ROCK



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24 SHOULDER RAISE



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25 PREACHER CURL



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26 ABDOMINAL CRUNCH



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27 CRUNCH/CRUNCH



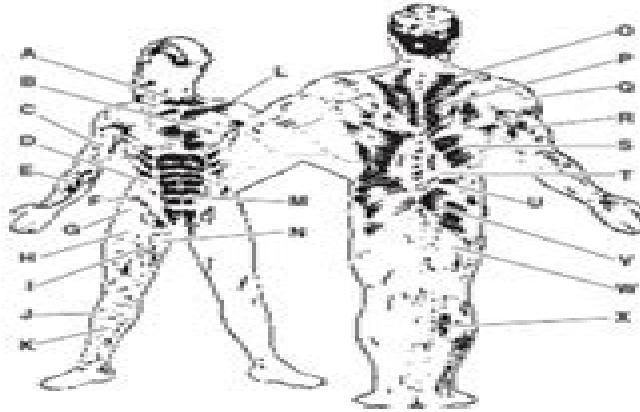
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28 SHOULDER TERRAP



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MUSCLE CHART



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