

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

TOE RAISE

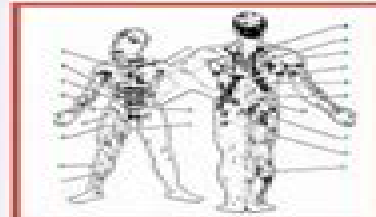


Move
A, B, C

Triceps, Deltoid, Pectoral, Lat, Biceps

MUSCLE CHART

Triceps, Deltoid, Pectoral, Lat, Biceps



THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Weight Bench Exercise Guide

**Consumer Guide, Consumer Guide
Editors**



Weider Weight Bench Exercise Guide:

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Joe Weider's Ultimate Bodybuilding Joe Weider,1999 *The Joy of Flex ... a Thinking Man and Woman's Guide to Basic Bodybuilding* Gareth Llewellyn,Greg Poole,Carleton University. Physical Recreation Centre,1986 *Subject Guide to Books in Print* ,1993 **Video Source Book** ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Burn the Fat, Feed the Muscle** Tom Venuto,2013-12-10 A no nonsense plan that has been proven and tested by more than 300 000 people in 154 countries Whether you want to shed 10 pounds or 100 whether you want to build muscle or just look more toned this book is the original bible of fitness that shows you how to get permanent results the safe healthy and natural way Do you want to shed fat and sculpt a new body shape at the same time Do you want a program without gimmicks hype or quick fixes Do you want a program guaranteed to work no matter how old you are or what kind of shape you re in now For twenty five years industry veteran and bestselling author Tom Venuto has built a reputation as one

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Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

Manstyle Peter Carlsen,William Wilson,1977 *Shape* ,1994 **Best Buy Book 2000** Consumer Guide,Consumer Guide Editors,2000-03 Expert product evaluations and price analyses lead readers through the maze of merchandise to find the best buys on everything from computers and cameras to vacuum cleaners and bread machines Included are valuable facts features prices reviews tips and best budget buys for 465 products 150 photos *Exerstyle* Philip Mazzurco,1985

Dictionary Catalog of the Research Libraries of the New York Public Library, 1911-1971 New York Public Library. Research Libraries,1979 **Annual Home, Hardware, Auto and Leisure** Sears, Roebuck and Company,1988

Consumer Health & Nutrition Index ,1991 **San Diego Magazine** ,1994-03

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