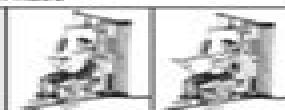


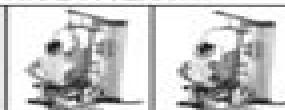
WEIDER PRO

WEIGHT SYSTEM EXERCISE GUIDE

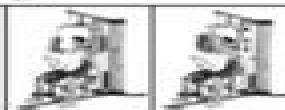
1 CHEST PRESS



2 SINGLE ARM LAT PULL-DOWN



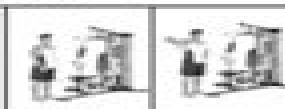
3 CHEST FLY



4 SEATED LATERAL RAISE



5 LATERAL RAISE



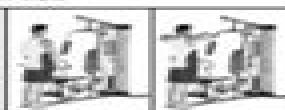
6 TERMINAL ARM (PREACHER) CURL



7 TRICEPS WICKERBACK



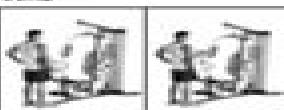
8 UPRIGHT ROW



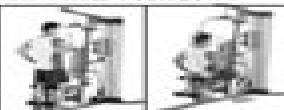
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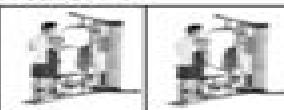
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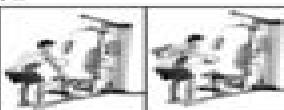
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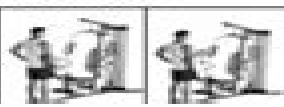
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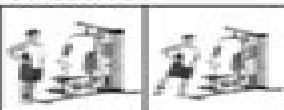
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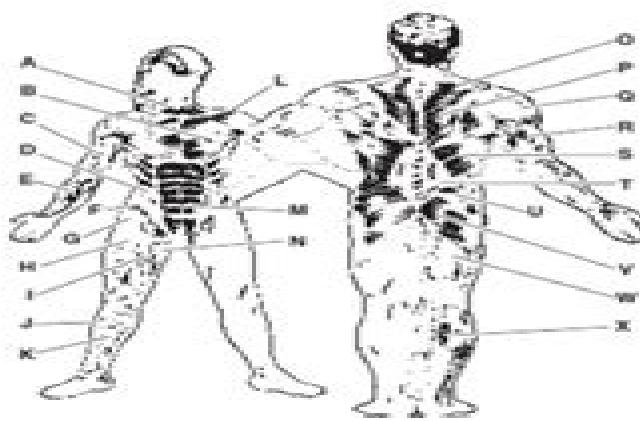
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MUSCLE CHART



Weider 4850 Exercise Guide

Richard Bailey

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