

WEIDER® TOTAL BODYWORKS⁵⁰⁰

Model No. WEBE14410

Serial No. _____

Write the serial number in the space above for future reference.



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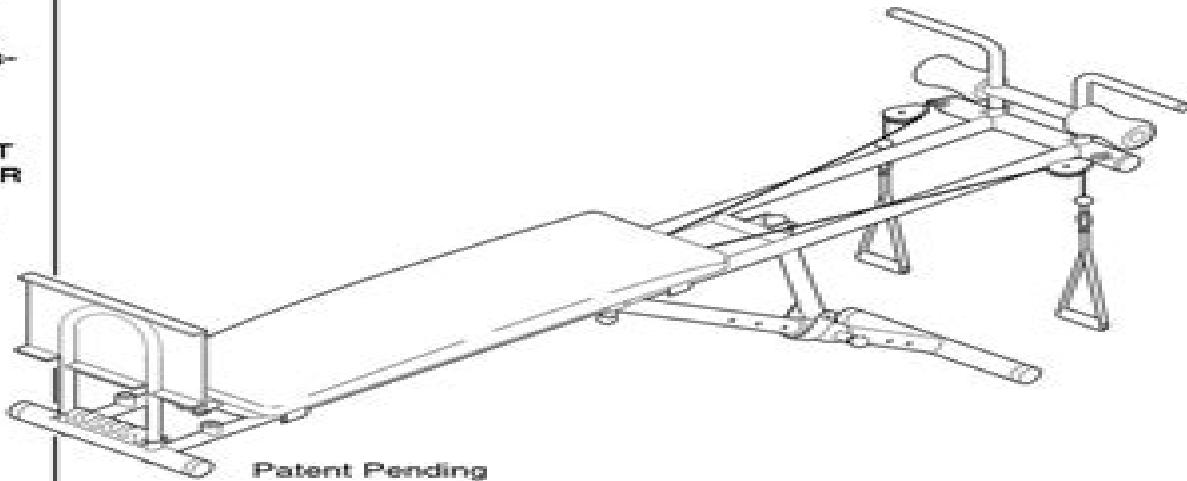
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CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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Weider Total Bodyworks 5000 Workout Manual

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Joe Weider's Ultimate Bodybuilding Joe Weider,1999 **Training Notebook** Weider Publications, LLC,2002 At last the complete fully illustrated guide to weight training exercises based on the popular Muscle Fitness column Training Notebook Now all in one place 74 of the best exercises ever with step by step directions for building a strong muscular physique This easy to follow format lets you choose from a variety of exercises for each bodypart from back and biceps to chest and calves You can now change up your training so you keep making gains while you hit your muscles from new angles every workout The Muscle Fitness Training Notebook provides detailed instruction on doing each movement correctly for maximum effectiveness and safety Special tips let you customize each exercise for your individual goals whether you want wider shoulders or stronger legs The training log lets you keep track of your sets reps and poundage along with your progress Color coded anatomy drawings show you the muscles in action with sports applications for each exercise listed Expand your exercise inventory with this essential guide The spiral bound format provides easy access for convenient use while you train

The Weider System of Bodybuilding Joe Weider,Bill Reynolds,1983 Time tested principles that help bodybuilders get the most out of their training One Minute to a Better Body Muscle and Fitness,2003-03 If you have a minute you can improve how you train Using the easy to follow format of Muscle Elements of Your Workout Perfect Form Great Guns and a Six Pack Steel Wheels Heart Smarts Tools of the Trade Women in the Weight Room Whether you are a beginner or a professional you are sure to learn something to take your training to the next level The total fitness guide Weider Health & Fitness Ltd,1994* **Total Workout** Consumer Guide,1984

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