

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

REAR/SHOULDER CROUCH



Move
A

FRONT DELTOID RAISE



Move
A, B, C

GLUTE STRETCH



Move
A, B, C, D, E

HIP ABDUCTION



Move
A, B, C

SPROUT



Move
A, B, C, D, E

MIDDLE STRETCH



Move
A, B, C, D

SHOULDER RELEASE



Move
A, B

DELTOID TWIST



Move
A, B, C

TRICEPS EXTENSION



Move
A, B, C

LEG



Move
A, B, C, D, E

ONE LEG SQUAT



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

ROWING



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 SQUAT



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

TOR RACE

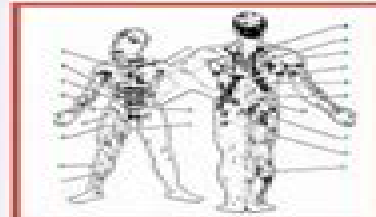


Move
A, B, C

Triceps: B, C, D, E
Forearm: B, C, D, E

MUSCLE CHART

Triceps: B, C, D, E
Forearm: B, C, D, E



THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Weight Bench Exercise Guide

David J. WEINER

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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