

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 DLT. CRUNCH



Move
A

FRONT DLT. 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

DELTAIC TRICEP



Move
A, B, C, D

TRICEP 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 CRUNCH



Move
A

REAR DLT. 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

TAIL RAISE

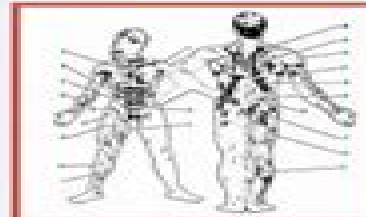


Move
A, B, C

Triceps, Deltoid, Biceps, Forearm, Hip, Thigh, Calf, Ankle

MUSCLE CHART

Triceps, Deltoid, Biceps, Forearm, Hip, Thigh, Calf, Ankle



THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Ultimate Body Works Exercise Manual

Richard Bailey



Weider Ultimate Body Works Exercise Manual:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Weider Ultimate Body Works Exercise Manual**

In a global inundated with displays and the cacophony of instant communication, the profound power and mental resonance of verbal art usually disappear into obscurity, eclipsed by the continuous barrage of sound and distractions. However, nestled within the musical pages of **Weider Ultimate Body Works Exercise Manual**, a interesting function of fictional beauty that pulses with organic emotions, lies an wonderful trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this magical opus guides readers on a mental odyssey, delicately exposing the latent potential and profound affect stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative analysis, we can embark upon an introspective exploration of the book is central themes, dissect their charming writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

https://ftp.barnabastoday.com/data/publication/default.aspx/write_functional_goals_in_occupational_therapy.pdf

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