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BODY WORKS PRO

ARM PULLOVER



ARM PULLOVER
MUSCLES: PECTORALS, LATS

BUTTERFLY



BUTTERFLY
MUSCLES: PECTORALS, LATS

CABLE PULL



CABLE PULL
MUSCLES: PECTORALS, LATS

**ARMEDLY
CABLE**



ARMEDLY
CABLE
MUSCLES: PECTORALS, LATS

**FRONT DOLPHIN
BENCH**



FRONT DOLPHIN
BENCH
MUSCLES: PECTORALS, LATS

GRAB STRETCH



GRAB STRETCH
MUSCLES: PECTORALS, LATS

HIP ABDUCTION



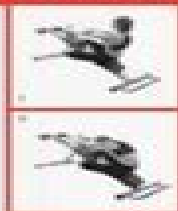
HIP ABDUCTION
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BOAT



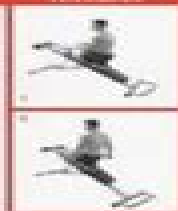
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MUSCLES: PECTORALS, LATS

MIDDLE STRETCH



MIDDLE STRETCH
MUSCLES: PECTORALS, LATS

**KNEELING
KICKBACK**



KNEELING
KICKBACK
MUSCLES: PECTORALS, LATS

DELTA THERM



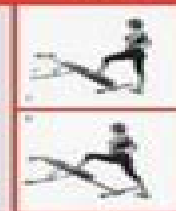
DELTA THERM
MUSCLES: PECTORALS, LATS

**TRICEPS
EXTENSION**



TRICEPS
EXTENSION
MUSCLES: PECTORALS, LATS

LOWES



LOWES
MUSCLES: PECTORALS, LATS

ONE LEG BOAT



ONE LEG BOAT
MUSCLES: PECTORALS, LATS

PULL UP



PULL UP
MUSCLES: PECTORALS, LATS

**PULLER
AND
CABLE**



PULLER
AND
CABLE
MUSCLES: PECTORALS, LATS

**BACK DOLPHIN
BENCH**



BACK DOLPHIN
BENCH
MUSCLES: PECTORALS, LATS

ROWING



ROWING
MUSCLES: PECTORALS, LATS

**SCALED BRUSH
PULL**



SCALED BRUSH
PULL
MUSCLES: PECTORALS, LATS

SCALED CURL



SCALED CURL
MUSCLES: PECTORALS, LATS

**SCALED HILL
PULL**



SCALED HILL
PULL
MUSCLES: PECTORALS, LATS

SCALED ROW



SCALED ROW
MUSCLES: PECTORALS, LATS

BOX BENCH



BOX BENCH
MUSCLES: PECTORALS, LATS

TRICEPS BOAT



TRICEPS BOAT
MUSCLES: PECTORALS, LATS

STRETCHING



STRETCHING
MUSCLES: PECTORALS, LATS

BOX PULL



BOX PULL
MUSCLES: PECTORALS, LATS

**CROSSOVER PULL
FEET DOWN**



CROSSOVER PULL
FEET DOWN
MUSCLES: PECTORALS, LATS

**CROSSOVER PULL
FEET UP**



CROSSOVER PULL
FEET UP
MUSCLES: PECTORALS, LATS

THE RAMP



THE RAMP
MUSCLES: PECTORALS, LATS

**TRICEPS BOAT
TRICEPS BOAT**

MIDDLE CABLE

**TRICEPS BOAT
TRICEPS BOAT**



THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Ultimate Body Workout Guide

Gale Group

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the Gale Group text.

Weider Ultimate Body Workout Guide:

Ultimate Core Ball Workout Jeanine Detz, 2005-06 Transform your core muscles with unstable workouts using the exercise ball with this revolutionary fitness book from author Jeanine Detz From shapely abs to the Pilates Powerhouse core strengthening has become the main focus for today's exercise enthusiasts Now Ultimate Core Ball Workout takes core training to a higher level with its on the ball variations of traditional mat exercises The unique benefits of ball training enable the program in Ultimate Core Ball Workout to produce better results in less time Any crunch will work the abs but this book's crunch on the ball simultaneously engages the stabilizing muscles of the abdomen and lower body working more muscle and producing a more sculpted midsection faster The exercises outlined in this book are suitable for all levels from beginner to fitness professional and the photo sequences and clearly written captions teach proper techniques Offering more than just good looking abs the program in Ultimate Core Ball Workout produces numerous health and fitness benefits including a stronger more supportive back improved posture better performance in sports and even more enjoyable sex Plus each exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time

Joe Weider's Ultimate Bodybuilding Joe Weider, 1999 **Mike Mentzer** John Little, 2025-05-20

Bodybuilding's foremost nonconformist and strikingly handsome intellectual Mike Mentzer rose to the top of his sport despite opposition from industry insiders like rival Schwarzenegger Written by his close friend of two decades Mike Mentzer American Odyssey chronicles Mentzer's journey in a fiercely competitive world to become one of the most iconic bodybuilders of all time REBEL PHILOSOPHER BODYBUILDING ICON Mike Mentzer was a strikingly handsome man with a brilliant mind and a perfect physique the first bodybuilder to receive a perfect score in both amateur and professional competitions In the late 70s Mentzer rose to the very top of his sport despite the efforts made by industry power brokers such as Arnold Schwarzenegger was featured in GQ magazine and profiled on national television But he was also a man who wrestled with mental illness his entire life and ended up living on the streets and being sent to prison Just when it seemed his career was over he found it within himself to reboot his intellect and revolutionize bodybuilding training arguing bodybuilders should not forsake their mental development in favor of developing their bodies He became a pariah in the fitness industry which only cared about selling supplements and other products but a hero to legions of fans who earnestly sought truth Mike Mentzer American Odyssey is the first biography of Mike Mentzer to appear in North America written by his close friend of 21 years John Little one of the leading fitness researchers in North America Iron Man magazine Drawing upon audio recordings letters diary excerpts as well as interviews with those closest to him this is the true story of one man who stood up to an entire industry and paid the ultimate price

Body Mastery Kris Gebhardt, 1997 Learn how thoughts feelings and actions create the body This book explains the concept of intelligent training the process of enacting physical change through development of the whole person A must read for anyone who wants to get into great shape and experience

the best life has to offer **The Ultimate Lean Routine** Greg Isaacs,1996 As creator and director of Warner Bros Fitness Center Greg Isaacs has trained and motivated some of Hollywood s biggest stars and the nation s top athletes Isaacs details his 12 week cross training and eating program and explains that only cross training and proper eating can create a person with low bodyfat toned muscles endurance and flexibility Includes logbook worksheets and fitness evaluation section Photos

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