

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/ITAL CRUNCH



Move
A, B, C, D

FRONT DELTOID RAISE



Move
A, B, C, D

GLUTE STRETCH



Move
A, B, C, D, E

HIP ABDUCTION



Move
A, B, C, D

SPURT



Move
A, B, C, D, E

MIDDLE STRETCH



Move
A, B, C, D

KNEELING KICKBACK



Move
A, B, C, D

DELTOID TWIST



Move
A, B, C, D

TRICEPS EXTENSION



Move
A, B, C, D

LEGS



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, B, C, D

REAR DELTOID RAISE



Move
A, B, C, D

BOWING



Move
A, B, C, D, E

SEATED BENCH PRESS



Move
A, B, C, D

SEATED CURL



Move
A, B, C, D

SEATED HIGH PULL



Move
A, B, C, D

SEATED ROW



Move
A, B, C, D

SIDE BEND



Move
A, B, C, D

TWISTED SPURT



Move
A, B, C, D

STRETCHER



Move
A, B, C, D

SIDE PULL



Move
A, B, C, D

**CROSSOVER PULL
FEET DOWN**



Move
A, B, C, D

**CROSSOVER PULL
FEET UP**



Move
A, B, C, D

TOE RAISE

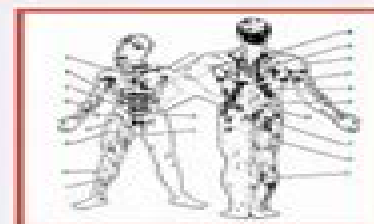


Move
A, B, C, D

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

MUSCLE CHART

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



THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Ultimate Body Works Workout Guide

S Ashworth



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Joe Weider's Ultimate Bodybuilding Joe Weider, 1999 **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 **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 Edge** Ben Weider, Joe Weider, Daniel Gastelu, 2003 The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight training **Lee Haney's Ultimate Bodybuilding Book** Lee Haney, Jim Rosenthal, 1993-05-15 Lee Haney is the only man to win eight Mr Olympia titles and he won them consecutively Host of his own television show he is one of the most popular figures in bodybuilding and fitness His work with boxer Evander Holyfield and basketball star Kevin Willis has proven that weight training can enhance performance in other sports his Atlanta based gym Lee Haney's World Class Fitness Center teams up with the city to promote general health and good fitness for everyone Lee Haney's Ultimate Bodybuilding presents the training program and mental preparation that helped Haney dominate the Mr Olympia competition Beginners and experienced athletes alike can learn from Haney by following his instructions and examining the photographs that show the proper form for each exercise This book includes A beginners workout a safe and doable program to get started Advanced bodybuilding Haney's secrets to building muscle mass strength and symmetry A healthy safe steroid free nutrition and diet plan Cross training workouts for other sports including Haney's special program for Evander Holyfield The Mr Olympia titles in review Tips for competitive bodybuilders from mental readiness to the seven mandatory poses Comparative photographs of other top bodybuilders **Subject Guide to Books in Print**, 2001 **Video Source Book**, 2006 A guide to programs currently available on video in

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