

FIRST COURSE CHART No. 1

BEGINNER'S EXERCISES: TO BE PERFORMED
ON THE FIRST EXERCISE DAY OF EACH WEEK



BENCH PRESS (FNL. 11)



BENT ARM LATERAL (FNL. 12)



STEP ARM PULL-OVER (FNL. 13)



FRONT BARBELL
CURL (FNL. 14)



LYING TRICEPS CURL (FNL. 15)



BENT OVER
BARBELL ROWING
(FNL. 16)



BENT OVER LATERAL (FNL. 17)



SIDE LATERAL
RAISE (FNL. 18)



FORWARD
LATERAL
RAISE
(FNL. 19)



PRONE SHRUG
(FNL. 20)



KNEE RAISE CURL (FNL. 21)



FLAT FRONT SQUAT (FNL. 22)



CALF RAISE (FNL. 23)



LEG RAISE (FNL. 24)

Weider Weight System Exercise Guide

Gale Group



Weider Weight System Exercise Guide:

The Weider Body Book Betty Weider, Joe Weider, 1984 Bodybuilding for women Jim Kepner **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 *Bullet Proof Guide For: Bodybuilding, Fitness, Exercise, Supplementation, Diet, Training, & Mechanics* Tom Mione, 2020-08-01 This is a complete guide that will walk you through step by step how to achieve the ultimate body that you desire You will be brought through how your body responds to each and every single muscle activating mechanic so you can generate the most amount of muscle hypertrophy We examine all forms of exercise from power resistance what splits to incorporate what targets the deepest rips into the muscle fibers You will learn how to define the perfect workout as well as how to supplement the right way The supplement market is flooded with misinformation and false promises We break down all protein sources supplements and drinks so you know what to put in your body when how much and why If you re looking to stand on stages one day or just trim down some extra body fat you will be taken through how the body works to achieve and maximize any result goal you have instore If your already an advanced lifter and want to gain a competitive edge we have you covered If your just starting out or just want to improve your strength size and confidence we have you covered *Video Source Book* Gale Group, 1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction *Bowker's Complete Video Directory* ,2000 *Dr. Gallagher's Guide to 21st Century Medicine* Atlas Publishing Company, Martin P. Gallagher, 1997-08 *Video Source Book* ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **The Publishers Weekly** ,1996 **McCall's** ,1976-04 *Subject Guide to Books in Print* ,2001

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