

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, B, C, D

FRONT DLT. RAISE



Move
A, B, C, D

GLUTE STRETCH



Move
A, B, C, D, E

HIP ABDUCTION



Move
A, B, C, D

SPROUT



Move
A, B, C, D, E

MIDDLE STRETCH



Move
A, B, C, D

KNEELING KICKBACK



Move
A, B, C, D

DELTAID TUCK



Move
A, B, C, D

TRICEPS EXTENSION



Move
A, B, C, D

LEGGE



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 CRUNCH



Move
A, B, C, D

REAR DLT. 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

SHO BEND



Move
A, B, C, D

TWISTED SQUAT



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

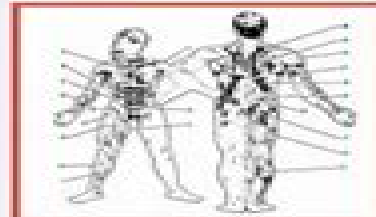


Move
A, B, C, D

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

Kris Gebhardt



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