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APPROXIAL CROUCH



MOVES
A.B.

FRONT DELTOID RAISE



MOVES
A.B.C.

GLUTE STRETCH



MOVES
A.B.C.D.E.

HIP ABDUCTION



MOVES
A.B.C.

SPURT



MOVES
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MOVES
A.B.C.

KNEELING KICKBACK



MOVES
A.B.

DELTOID TWIST



MOVES
A.B.C.

TRICEPS EXTENSION



MOVES
A.B.C.

LEGGE



MOVES
A.B.C.D.E.

ONE LEG SPURT



MOVES
A.B.C.D.E.

PULL UP



MOVES
A.B.C.D.E.

PULLER AS CROUCH



MOVES
A.B.

REAR DELTOID RAISE



MOVES
A.B.C.

BOWING



MOVES
A.B.C.D.E.

SEATED BENCH PRESS



MOVES
A.B.C.

SEATED CURL



MOVES
A.B.C.

SEATED HIGH PULL



MOVES
A.B.C.

SEATED ROW



MOVES
A.B.C.D.

SIDE BEND



MOVES
A.B.C.

TWISTED SPURT



MOVES
A.B.C.

STRETCHER



MOVES
A.B.C.

SIDE PULL



MOVES
A.B.C.

**CROSSOVER PULL
FEET DOWN**



MOVES
A.B.C.

**CROSSOVER PULL
FEET UP**



MOVES
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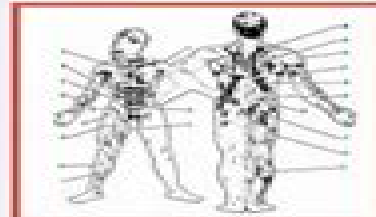


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MUSCLE CHART

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THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Weight Bench Exercise Guide

Joe Weider

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