

WEIDER



BODY WORKS PRO

ANK PULLERS



Move
A, B, C, D, E, F, G, H

BUTTERFLY



Move
A, B, C, D, E, F, G, H

CARDIO PULL



Move
A, B, C, D, E, F, G, H

REAR DLT. CRUNCH



Move
A, B, C, D, E, F, G, H

FRONT DLT. RAISE



Move
A, B, C, D, E, F, G, H

GLUTE STRETCH



Move
A, B, C, D, E, F, G, H

HIP ABDUCTION



Move
A, B, C, D, E, F, G, H

SPROUT



Move
A, B, C, D, E, F, G, H

MIDDLE STRETCH



Move
A, B, C, D, E, F, G, H

KNEELING KICKBACK



Move
A, B, C, D, E, F, G, H

DELTAID TUCK



Move
A, B, C, D, E, F, G, H

TRICEPS EXTENSION



Move
A, B, C, D, E, F, G, H

LEG



Move
A, B, C, D, E, F, G, H

ONE LEG SQUAT



Move
A, B, C, D, E, F, G, H

PULL UP



Move
A, B, C, D, E, F, G, H

PULLER AS CRUNCH



Move
A, B, C, D, E, F, G, H

REAR DLT. RAISE



Move
A, B, C, D, E, F, G, H

BOWING



Move
A, B, C, D, E, F, G, H

SEATED BENCH PRESS



Move
A, B, C, D, E, F, G, H

SEATED CURL



Move
A, B, C, D, E, F, G, H

SEATED HIGH PULL



Move
A, B, C, D, E, F, G, H

SEATED ROW



Move
A, B, C, D, E, F, G, H

SIDE BEND



Move
A, B, C, D, E, F, G, H

TWISTED SQUAT



Move
A, B, C, D, E, F, G, H

STRETCHER



Move
A, B, C, D, E, F, G, H

SIDE PULL



Move
A, B, C, D, E, F, G, H

CROSSOVER PULL FEET DOWN



Move
A, B, C, D, E, F, G, H

CROSSOVER PULL FEET UP



Move
A, B, C, D, E, F, G, H

TOE RAISE

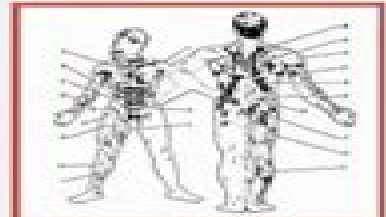


Move
A, B, C, D, E, F, G, H

Triceps, Deltoid, Biceps, Forearm, Hip, Thigh, Calf, Heel

MUSCLE CHART

Triceps, Deltoid, Biceps, Forearm, Hip, Thigh, Calf, Heel



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