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BODY WORKS PRO

ANK FELLOWS



Muscle
A.S.K.O.P.N

BUTTERFLY



Muscle
A.B.E.P

CARDIO PULL



Muscle
S.E.L.E.O

ABDOMINAL CRUNCH



Muscle
S

FRONT DELTOID RAISE



Muscle
A.B.J

GLUTE STRETCH



Muscle
S.E.L.E.T

HIP ADDUCTION



Muscle
E.F.T

SQUAT



Muscle
P.A.S.T.I.C.S

HURDLE STRETCH



Muscle
S.E.T

KNEELING KICKBACK



Muscle
O.P

OBLIQUE TWIST



Muscle
S.E.S

TRICEPS EXTENSION



Muscle
S.T

Lunge



Muscle
P.A.S.T.I.C.S

ONE LEG SQUAT



Muscle
P.A.S.T.I.C.S

PULL UP



Muscle
S.T.N.O.G

PULLY AS CRUNCH



Muscle
S

REAR DELTOID RAISE



Muscle
S.E.S

ROWING



Muscle
S.E.L.E.O

SEATED BENCH PRESS



Muscle
A.T.E.P

SEATED CURL



Muscle
S.E.S

SEATED HIGH PULL



Muscle
S.E.S

SEATED ROW



Muscle
S.E.L.E.O

SIT BEND



Muscle
S.T

TWISTED SQUAT



Muscle
S.T

STRETCHER



Muscle
S.E.T

SIDE PULL



Muscle
P.O.S

CROSSOVER PULL FEET DOWN



Muscle
S.E.S

CROSSOVER PULL FEET UP



Muscle
S.E.S

TOE RAISE

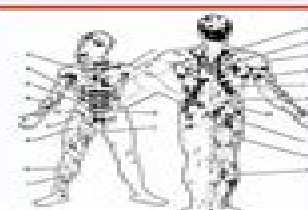


Muscle
S.T

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THE TOTAL BODY STRENGTH TRAINING BENCH

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Ian Pickup



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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 [Subject Guide to Books in Print](#), 2001 **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 [Joe Weider's Ultimate Bodybuilding](#) Joe Weider, 1999 *Mike Mentzer* John Little, 2025-05-20 Bodybuilding's foremost nonconformist and

strikingly handsome intellectual Mike Mentzer rose to the top of his sport despite opposition from industry insiders like rival Schwarzenegger Written by his close friend of two decades Mike Mentzer *American Odysseus* chronicles Mentzer's journey in a fiercely competitive world to become one of the most iconic bodybuilders of all time **REBEL PHILOSOPHER BODYBUILDING ICON** Mike Mentzer was a strikingly handsome man with a brilliant mind and a perfect physique the first bodybuilder to receive a perfect score in both amateur and professional competitions In the late 70s Mentzer rose to the very top of his sport despite the efforts made by industry power brokers such as Arnold Schwarzenegger was featured in *GQ* magazine and profiled on national television But he was also a man who wrestled with mental illness his entire life and ended up living on the streets and being sent to prison Just when it seemed his career was over he found it within himself to reboot his intellect and revolutionize bodybuilding training arguing bodybuilders should not forsake their mental development in favor of developing their bodies He became a pariah in the fitness industry which only cared about selling supplements and other products but a hero to legions of fans who earnestly sought truth Mike Mentzer *American Odysseus* is the first biography of Mike Mentzer to appear in North America written by his close friend of 21 years John Little one of the leading

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