

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

FRONT DLT. RAISE



Move
A, B, C

GLUTE STRETCH



Move
A, B, C, D, E

HIP ABDUCTION



Move
A, B, C

SPURT



Move
A, B, C, D, E

MIDDLE STRETCH



Move
A, B, C

KNEELING KICKBACK



Move
A, B

DELTAID TUCK



Move
A, B, C

TRICEPS EXTENSION



Move
A, B, C

LEG



Move
A, B, C, D, E

ONE LEG SPURT



Move
A, B, C, D, E

PULL UP



Move
A, B, C, D, E

PULLER AS CRUNCH



Move
A

REAR DLT. RAISE



Move
A

BOWING



Move
A, B, C, D, E

SEATED BENCH PRESS



Move
A, B, C

SEATED CURL



Move
A

SEATED HIGH PULL



Move
A, B, C

SEATED ROW



Move
A, B, C, D, E

SIDE BEND



Move
A

TWISTED SPURT



Move
A, B, C

STRETCHER



Move
A, B, C

SIDE PULL



Move
A, B, C

**CROSSOVER PULL
FEET DOWN**



Move
A, B, C

**CROSSOVER PULL
FEET UP**



Move
A, B, C

TOR RACE

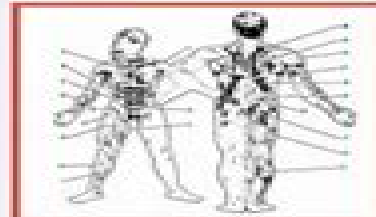


Move
A, B, C

Triceps: B, C, D, E
Forearms: B, C, D, E

MUSCLE CHART

Triceps: B, C, D, E
Forearms: B, C, D, E



THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Ultimate Body Works Exercise Manual

SJ Ball



Weider Ultimate Body Works Exercise Manual:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Weider Ultimate Body Works Exercise Manual**

In some sort of inundated with displays and the cacophony of fast communication, the profound energy and psychological resonance of verbal art frequently fade in to obscurity, eclipsed by the regular assault of noise and distractions. However, situated within the musical pages of **Weider Ultimate Body Works Exercise Manual**, a captivating work of literary beauty that impulses with raw thoughts, lies an remarkable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this mesmerizing opus books visitors on a psychological odyssey, lightly exposing the latent possible and profound affect stuck within the intricate internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is central themes, dissect its captivating publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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