

# WEIDER



# BODY WORKS PRO

**Arm Pullover**

**Butterfly**

**Cardio Pull**

**Abdominal Crunch**

**Front Deltoid Raise**

**Glute Stretch**

**Hip Abduction**

**Squat**



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ARM PULLOVER



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BUTTERFLY



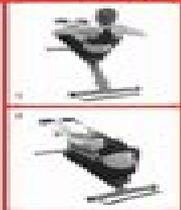
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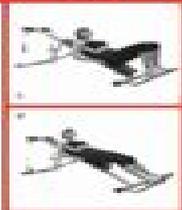
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GLUTE STRETCH



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HIP ABDUCTION



WEIDER  
SQUAT

**Middle Stretch**

**Medicine Kickback**

**Oblique Twist**

**Trapezius Extension**

**Lunge**

**One Leg Squat**

**Pull Up**

**Puller As Crunch**



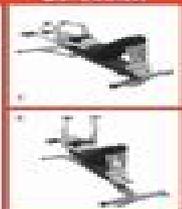
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WEIDER  
LUNGE



WEIDER  
ONE LEG SQUAT



WEIDER  
PULL UP



WEIDER  
PULLER AS CRUNCH

**Rear Deltoid Raise**

**Rowing**

**Seated Bench Press**

**Seated Curl**

**Seated High Pull**

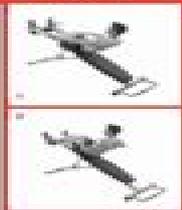
**Seated Row**

**Side Bend**

**Twisted Squat**



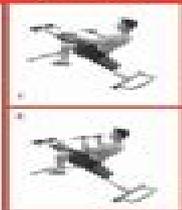
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WEIDER  
SEATED ROW



WEIDER  
SIDE BEND



WEIDER  
TWISTED SQUAT

**Stretcher**

**Spot Pull**

**Crossover Pull Feet Down**

**Crossover Pull Feet Up**

**Toe Raise**

**Trunk Dr. Machine**

**MUSCLE CHART**

**Trunk Dr. Machine**



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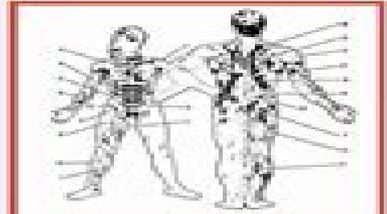
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TOE RAISE



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# Weider Body

**CL Gary**



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