

WEIDER



BODY WORKS PRO

Arm Pullover

Butterfly

Cardio Pull

Abdominal Crunch

Front Deltoid Raise

Glute Stretch

Hip Abduction

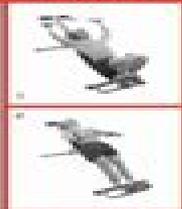
Squat



WEIDER
ARM PULLOVER



WEIDER
BUTTERFLY



WEIDER
CARDIO PULL



WEIDER
ABDOMINAL CRUNCH



WEIDER
FRONT DELTOID RAISE



WEIDER
GLUTE STRETCH



WEIDER
HIP ABDUCTION



WEIDER
SQUAT

Middle Stretch

Medicine Kickback

Oblique Twist

Trapezius Extension

Lunge

One Leg Squat

Pull Up

Puller As Crunch



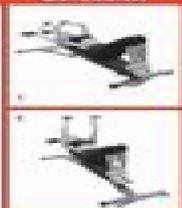
WEIDER
MIDDLE STRETCH



WEIDER
MEDICINE KICKBACK



WEIDER
OBLIQUE TWIST



WEIDER
TRAPEZIUS EXTENSION



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

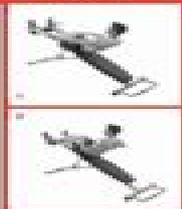
Seated Row

Side Bend

Twisted Squat



WEIDER
REAR DELTOID RAISE



WEIDER
ROWING



WEIDER
SEATED BENCH PRESS



WEIDER
SEATED CURL



WEIDER
SEATED HIGH PULL



WEIDER
SEATED ROW



WEIDER
SIDE BEND



WEIDER
TWISTED SQUAT

Stretchers

Side Pull

Crossover Pull Feet Down

Crossover Pull Feet Up

Toe Raise



WEIDER
STRETCHERS



WEIDER
SIDE PULL



WEIDER
CROSSOVER PULL FEET DOWN



WEIDER
CROSSOVER PULL FEET UP

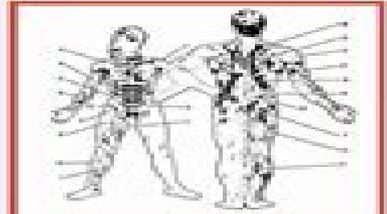


WEIDER
TOE RAISE

Trains the Weider
Trains the Weider

MUSCLE CHART

Trains the Weider
Trains the Weider



THE TOTAL BODY STRENGTH TRAINING BENCH

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L Cohen



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