

# WEIDER



# BODY WORKS PRO

ARM PULLOVER



Muscle: **TRICEPS**

BUTTERFLY



Muscle: **ABD.**

CARDIO PULL



Muscle: **GLUTEALS**

ABDOMINAL CRUNCH



Muscle: **ABD.**

FRONT DELTOID RAISE



Muscle: **ADJ.**

CRACK STRETCH



Muscle: **ELB.**

HIP ADDUCTION



Muscle: **FTT**

SQUAT



Muscle: **FOUR**

MIDDLE STRETCH



Muscle: **STV**

KNEELING KICKBACK



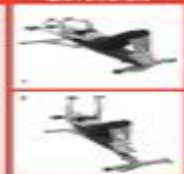
Muscle: **OP**

OBLIQUE TWIST



Muscle: **CRK**

TRICEPS EXTENSION



Muscle: **ST**

LUNGE



Muscle: **FLGR**

ONE LEG SQUAT



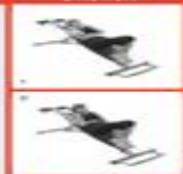
Muscle: **FOUR**

PULL UP



Muscle: **STV**

PULLEY AB CRUNCH



Muscle: **ST**

REAR DELTOID RAISE



Muscle: **STV**

ROWING



Muscle: **CRK**

SEATED BENCH PRESS



Muscle: **STV**

SEATED CURL



Muscle: **ST**

SEATED HIGH PULL



Muscle: **STV**

SEATED ROW



Muscle: **STV**

SIDE BEND



Muscle: **ST**

TWISTING SQUAT



Muscle: **ST**

STRETCHER



Muscle: **STV**

SIDE PULL



Muscle: **ST**

CROSSOVER PULL FEET DOWN



Muscle: **STV**

CROSSOVER PULL FEET UP



Muscle: **STV**

TOE RAISE



Muscle: **STV**

TABLE OF MUSCLES

TABLE OF MUSCLES

MUSCLE CHART

TABLE OF MUSCLES

TABLE OF MUSCLES



# Weider Home Gym Thigh Exercise Guide

**Jin-Ying Zhang**



## **Weider Home Gym Thigh Exercise Guide:**

## The Enigmatic Realm of **Weider Home Gym Thigh Exercise Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Weider Home Gym Thigh Exercise Guide** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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