

WEIDER



BODY WORKS PRO

ARM PULLOVER



ARM PULLOVER
MUSCLES: PECTORALS, LATISSIMUS DORSI

BUTTERFLY



BUTTERFLY
MUSCLES: PECTORALS, LATISSIMUS DORSI

CABLE PULL



CABLE PULL
MUSCLES: PECTORALS, LATISSIMUS DORSI

ARMEDLY CABLE



ARMEDLY CABLE
MUSCLES: PECTORALS, LATISSIMUS DORSI

FRONT DOLPHIN RANGE



FRONT DOLPHIN RANGE
MUSCLES: PECTORALS, LATISSIMUS DORSI

GRAB STRETCH



GRAB STRETCH
MUSCLES: PECTORALS, LATISSIMUS DORSI

HIP ABDUCTION



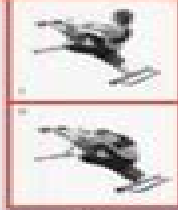
HIP ABDUCTION
MUSCLES: PECTORALS, LATISSIMUS DORSI

BOAT



BOAT
MUSCLES: PECTORALS, LATISSIMUS DORSI

MIDDLE STRETCH



MIDDLE STRETCH
MUSCLES: PECTORALS, LATISSIMUS DORSI

KNEELING KICKBACK



KNEELING KICKBACK
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DELTAIC TOWER



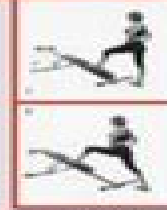
DELTAIC TOWER
MUSCLES: PECTORALS, LATISSIMUS DORSI

TRICEPS EXTENSION



TRICEPS EXTENSION
MUSCLES: PECTORALS, LATISSIMUS DORSI

LOWES



LOWES
MUSCLES: PECTORALS, LATISSIMUS DORSI

ONE LEG BOAT



ONE LEG BOAT
MUSCLES: PECTORALS, LATISSIMUS DORSI

PULL UP



PULL UP
MUSCLES: PECTORALS, LATISSIMUS DORSI

PULLER AND CATCHER



PULLER AND CATCHER
MUSCLES: PECTORALS, LATISSIMUS DORSI

BACK DOLPHIN RANGE



BACK DOLPHIN RANGE
MUSCLES: PECTORALS, LATISSIMUS DORSI

ROWING



ROWING
MUSCLES: PECTORALS, LATISSIMUS DORSI

SCALED BRIDGE PULL



SCALED BRIDGE PULL
MUSCLES: PECTORALS, LATISSIMUS DORSI

SCALED CURV



SCALED CURV
MUSCLES: PECTORALS, LATISSIMUS DORSI

SCALED HILL PULL



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SCALED ROW



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BOX BRIDGE



BOX BRIDGE
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TESTING BOAT



TESTING BOAT
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STRETCHING



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BOX PULL



BOX PULL
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CROSSOVER PULL FEET DOWN



CROSSOVER PULL FEET DOWN
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CROSSOVER PULL FEET UP



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THE RANGE



THE RANGE
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TRICEPS AND BICEPS



TRICEPS AND BICEPS
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MIDDLE CATCH

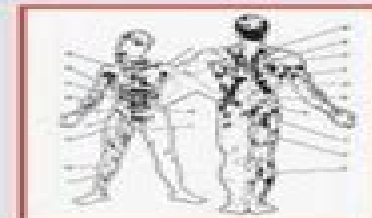


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THE TOTAL BODY STRENGTH TRAINING BENCH

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**Atlas Publishing Company, Martin P.
Gallagher**



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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 **Argos catalogue 1989 -1990 old vintage book** KCC, Argos catalogue 1989 1990 old vintage book **The U.S. Navy Seal Guide to Fitness and Nutrition** Patricia A. Deuster, Pierre A. Pelletier, Anita Singh, 2007-05-17 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance **Bullet Proof Guide For: Bodybuilding, Fitness, Exercise, Supplementation, Diet, Training, & Mechanics** Tom Mione, 2020-08-01 This is a complete guide that will walk you through step by step how to achieve the ultimate body that you desire You will be brought through how your body responds to each and every single muscle activating mechanic so you can generate the most amount of muscle hypertrophy We examine all forms of exercise from power resistance what splits to incorporate what targets the deepest rips into the muscle fibers You will learn how to define the perfect workout as well as how to supplement the right way The supplement market is flooded with misinformation and false promises We break down all protein sources supplements and drinks so you know what to put in your body when how much and why If you re looking to stand on stages one day or just trim down some extra body fat you will be taken through how the body works to achieve and maximize any result goal you have instore If your already an advanced lifter and want to gain a competitive edge we have you covered If your just starting out or just want to improve your strength size and confidence we have you covered **The Complete Guide to Strength Training Methods** Keven Arseneault, 2023-03-24 Finally the strength training book you ve been wishing for is here The Complete Guide to Strength Training Methods compiles more than 230 training techniques proven to increase strength power hypertrophy endurance flexibility and cardiovascular capacity Sport performance coach Keven Arseneault has spent over 20 years reading researching and testing various methods to determine the best training techniques In The Complete Guide to Strength Training Methods he assembles these into a comprehensive resource that allows you to add variety and get the most from your workouts Each method is presented on a single page that highlights the technique s advantages and disadvantages effects on different aspects of fitness and trainer tips The page also has a prescription table that includes intensity or load

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