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# BODY WORKS PRO

**Arm Pullover**



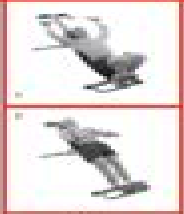
MOVES  
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**Butterfly**



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**Cardio Pull**



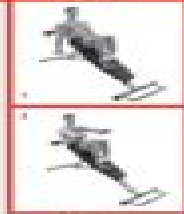
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**Abdominal Crunch**



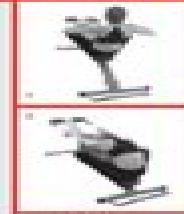
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**Front Deltoid Raise**



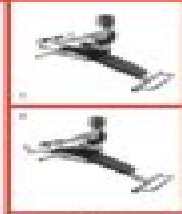
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**Groin Stretch**



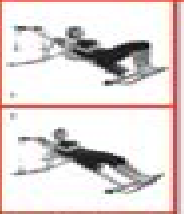
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**Hip Adduction**



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**Squat**



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**Hurdle Stretch**



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**Kneeling Kickback**



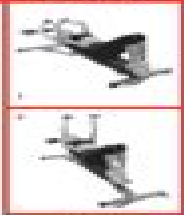
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**Outside Twist**



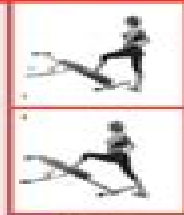
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**Twisting Extension**



MOVES  
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**Lunge**



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**One Leg Squat**



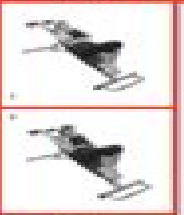
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**Pull Up**



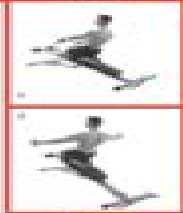
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**Footy Air Crunch**



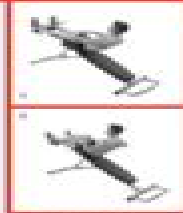
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**Rear Deltoid Raise**



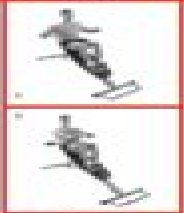
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**Rowing**



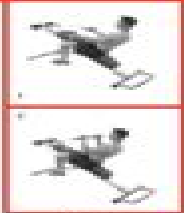
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**Seated Bench Press**



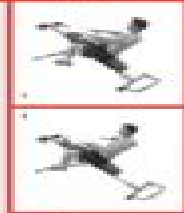
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**Seated Curl**



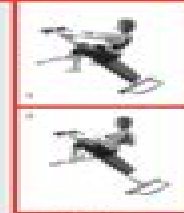
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**Seated Row Pull**



MOVES  
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**Seated Row**



MOVES  
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**Side Bend**



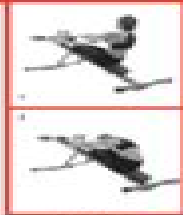
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**Twisting Squat**



MOVES  
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**Stretcher**



MOVES  
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**Side Pull**



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**Crossover Pull Feet Down**



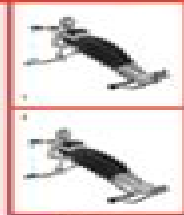
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**Crossover Pull Feet Up**



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**Toe Raise**

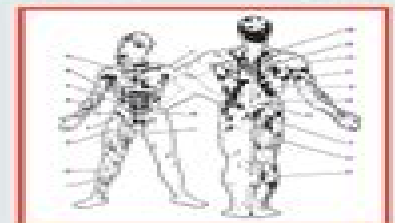


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**MUSCLE CHART**

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**THE TOTAL BODY STRENGTH TRAINING BENCH**

# Weider Pro Exercise Chart

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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     **Training Notebook** Weider Publications, LLC, 2002 At last the complete fully illustrated guide to weight training exercises based on the popular Muscle Fitness column Training Notebook Now all in one place 74 of the best exercises ever with step by step directions for building a strong muscular physique This easy to follow format lets you choose from a variety of exercises for each bodypart from back and biceps to chest and calves You can now change up your training so you keep making gains while you hit your muscles from new angles every workout The Muscle Fitness Training Notebook provides detailed instruction on doing each movement correctly for maximum effectiveness and safety Special tips let you customize each exercise for your individual goals whether you want wider shoulders or stronger legs The training log lets you keep track of your sets reps and poundage along with your progress Color coded anatomy drawings show you the muscles in action with sports applications for each exercise listed Expand your exercise inventory with this essential guide The spiral bound format provides easy access for convenient use while you train     *Exercise Is Labor Without Weariness* Laila Nambuppha, 2021-05-19 Workout routine tracker for home Burning fat and building your muscle with this book This is a workout log book will help you achieve your fitness goals easily and effectively so you can add workouts in and track all of your progress Get the most out of your weight lifting sessions by tracking and organizing you will find everything that you need to not only track your workouts but also track your goals Grab this perfect notebook for your love and friend Size 6x9 inch 100 pages Perfect matte softcover Beautifully designed cover interior English language Perfect for all writing mediums

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enthusiast this book will help you sculpt a powerful back with expert guidance and visual support

**What Makes This Guide Stand Out**

**120 Back Exercises** A wide range of exercises that target your back and trapezius from every angle ensuring complete muscle activation for optimal results

**Includes** Bodyweight Machines Suspension Trainer Resistance Bands Dumbbells Barbell exercises and more

**Step by Step Instructions** Detailed how to instructions for every exercise eliminating guesswork and ensuring you perform each move correctly

**High Quality 3D Illustrations** Visualize your exercises with state of the art 3D illustrations clearly demonstrating form and muscle engagement

**QR Codes for Video Demonstrations** Get access to exercise animation videos by scanning QR codes included with each exercise offering you real time demonstrations and extra visual support

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**Daily Fitness Journal - Workout Chart** Workout Workout Log, Fitness Fitness Journal, 2017-06-23 Stay focused challenge your mind and body daily This exercise and food diary is a simple tool to help you achieve your eating and fitness goals With sections for breakfast lunch dinner and snacks as well as a place to track of your daily water intake and weight The exercise section allows you to keep track of your cardio reps and weights to ensure you re on the path to a healthier You

**The Complete Guide to Navy Seal Fitness, Third Edition** Stewart Smith, USN (SEAL), 2015-12-29 The updated high intensity wellness program for the serious exercise enthusiast who aspires to the fitness level of Navy SEALs complete with step by step instructions weight loss tips beginner workouts and more Whether you want to be a Navy SEAL or just be as fit as one here s your chance The Complete Guide to Navy Seal Fitness Third Edition has returned with updated BUD S Basic Underwater Demolition SEAL workouts and the latest entrance requirements from the Navy With this program you will be ready for any military training or physical challenge in the world Train with the world s fittest and strongest individuals the US Navy SEALs This complete package includes Updated step by step instructions to help the fitness recruit on their path to SEAL entry New beginner workouts for those who need to lose 20 pounds or more A special 12 week plan for the Navy Special Operations EOD SWCC Diver Physical Screening Test 0 New information for optimal weight loss from a certified nutritionist Written by a top SEAL instructor The Complete Guide to Navy Seal Fitness Third Edition is the advanced exercise program

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