

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: **TRICEPS**

HIP ADDUCTION



Muscle: **FTT**

SQUAT



Muscle: **FOUR**

MIDDLE STRETCH



Muscle: **FTT**

KNEELING KICKBACK



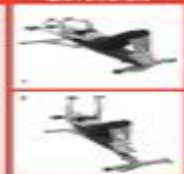
Muscle: **OP**

OBLIQUE TWIST



Muscle: **CRK**

TRICEPS EXTENSION



Muscle: **TR**

LUNGE



Muscle: **FOUR**

ONE LEG SQUAT



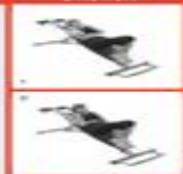
Muscle: **FOUR**

PULL UP



Muscle: **TRICEPS**

PULLEY AB CRUNCH



Muscle: **ABD.**

REAR DELTOID RAISE



Muscle: **TR**

ROWING



Muscle: **TRICEPS**

SEATED BENCH PRESS



Muscle: **TR**

SEATED CURL



Muscle: **TR**

SEATED HIGH PULL



Muscle: **TR**

SEATED ROW



Muscle: **TRICEPS**

SIDE BEND



Muscle: **TR**

TWISTING SQUAT



Muscle: **TR**

STRETCHER



Muscle: **TR**

SIDE PULL



Muscle: **TR**

CROSSOVER PULL FEET DOWN



Muscle: **TR**

CROSSOVER PULL FEET UP



Muscle: **TR**

TOE RAISE



Muscle: **TR**

TABLE OF MUSCLES

TABLE OF MUSCLES

MUSCLE CHART

TABLE OF MUSCLES

TABLE OF MUSCLES



Weider Home Gym 9900 Exercise Guide

L Cohen

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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