

FIRST COURSE CHART No. 1

BEGINNER'S EXERCISES: TO BE PERFORMED
ON THE FIRST EXERCISE DAY OF EACH WEEK



BENCH PRESS (FNL. 11)



BENT ARM LATERAL (FNL. 12)



STEP ARM PULL-OVER (FNL. 13)



FRONT BARBELL
CURL (FNL. 14)



LYING TRICEPS CURL (FNL. 15)



BENT OVER
BARBELL ROWING
(FNL. 16)



BENT OVER LATERAL (FNL. 17)



HIGH LATERAL
RAISE (FNL. 18)



FORWARD
LATERAL
RAISE
(FNL. 19)



FRONT DUMBBELL
RAISE (FNL. 20)



KNEE WEIGHT CURL (FNL. 21)



FLAT FRONT RIGHT (FNL. 22)



CALF RAISE (FNL. 23)



LEG RAISE (FNL. 24)

Weider System Of Progressive Barbell Exercise Manual

Kàjī Ābadula Ālīma



Weider System Of Progressive Barbell Exercise Manual:

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