

WEIDER



BODY WORKS PRO

ARM PULLOVER



ARM PULLOVER
2 SETS

BUTTERFLY



BUTTERFLY
2 SETS

CARDIO PULL



CARDIO PULL
2 SETS

ARMED CARDIO



ARMED CARDIO
2 SETS

FRONT DOLPHIN RANGE



FRONT DOLPHIN RANGE
2 SETS

GAZE STRETCH



GAZE STRETCH
2 SETS

HIP ABDUCTION



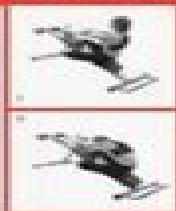
HIP ABDUCTION
2 SETS

BOAT



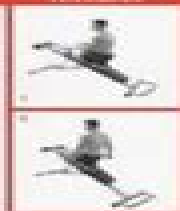
BOAT
2 SETS

MIDDLE STRETCH



MIDDLE STRETCH
2 SETS

KNEELING KICKBACK



KNEELING KICKBACK
2 SETS

DELTA THERAPY



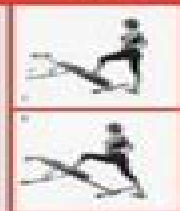
DELTA THERAPY
2 SETS

TRICEPS EXTENSION



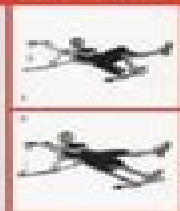
TRICEPS EXTENSION
2 SETS

LOWES



LOWES
2 SETS

ONE LEG BOAT



ONE LEG BOAT
2 SETS

PULL UP



PULL UP
2 SETS

POLYMER CATCH



POLYMER CATCH
2 SETS

BACK DOLPHIN RANGE



BACK DOLPHIN RANGE
2 SETS

ROWING



ROWING
2 SETS

SCALED BRIDGE PULL



SCALED BRIDGE PULL
2 SETS

SCALED CURT



SCALED CURT
2 SETS

SCALED HILL PULL



SCALED HILL PULL
2 SETS

SCALED ROW



SCALED ROW
2 SETS

BOX BRIDGE



BOX BRIDGE
2 SETS

TENTING BOAT



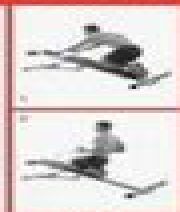
TENTING BOAT
2 SETS

STRETCHING



STRETCHING
2 SETS

BOX PULL



BOX PULL
2 SETS

**CROSSOVER PULL
FEET DOWN**



CROSSOVER PULL
FEET DOWN
2 SETS

**CROSSOVER PULL
FEET UP**



CROSSOVER PULL
FEET UP
2 SETS

THE RANGE

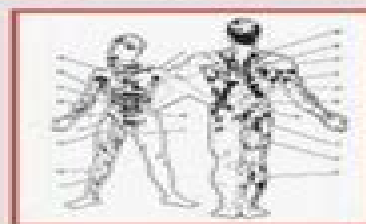


THE RANGE
2 SETS

**TRICEPS BRIDGE
TRICEPS BRIDGE**

MIDDLE CATCH

**TRICEPS BRIDGE
TRICEPS BRIDGE**



THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Exercise Guide

L Towne

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the 'L Towne' text.

Weider Exercise Guide:

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reps and sets This practical approach provides you with everything you need to incorporate the method into your program immediately Throughout you will find programming tips to help you create your own training plan to fit your individual needs The eight sample programs provided can be followed as is or used as a blueprint for personalized programs Whether you are a fitness enthusiast working out at home a serious gym goer an athlete or a strength or fitness professional The Complete Guide to Strength Training Methods is the comprehensive yet practical resource you need to keep your workouts fresh challenging and on point to reach your goals

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