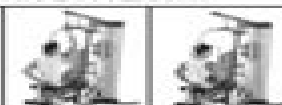


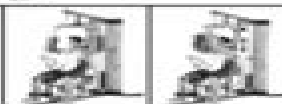
1 CHEST PRESS



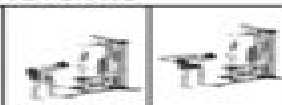
2 SINGLE ARM LAT PULL-DOWN



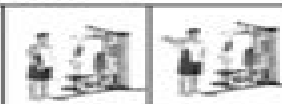
3 CHEST FLY



4 BENT LATERAL RAISE



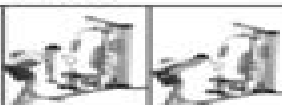
5 LATERAL RAISE



6 SINGLE ARM PREACHER CURL



7 TRICEPS KICKBACK



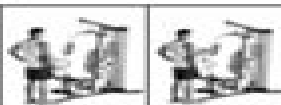
8 UPRIGHT ROW



9 STANDING ROW



10 BICEPS CURL



11 SINGLE ARM TRICEP PUSH-DOWN



12 STANDING CURL



13 TRICEPS PUSH-DOWN



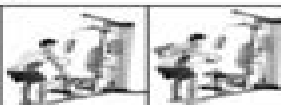
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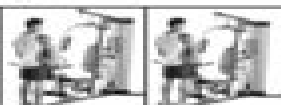
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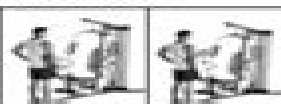
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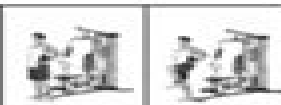
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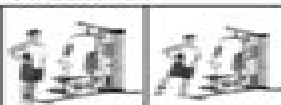
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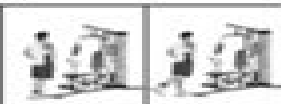
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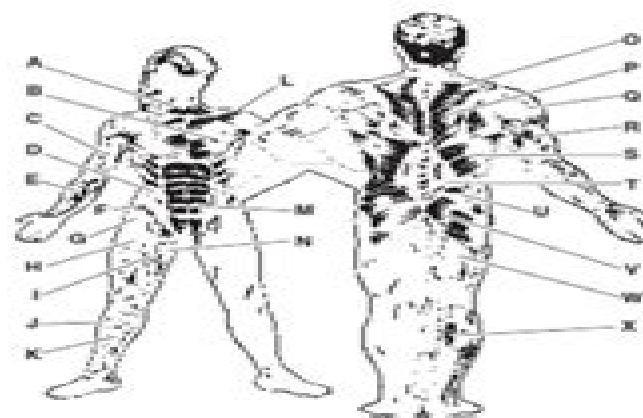
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MUSCLE CHART



Weider Pro 4850 Exercise Guide

Karin Nielsen-Saines



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