

# WEIDER



# BODY WORKS PRO

**Arm Pullover**



1  
2  
ARM PULLOVER

**Butterfly**



1  
2  
BUTTERFLY

**Cardio Pull**



1  
2  
CARDIO PULL

**Abdominal Crunch**



1  
2  
CRUNCH

**Front Deltoid Raise**



1  
2  
FRONT DELT

**Glute Stretch**



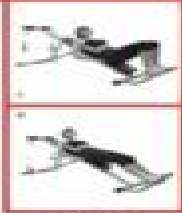
1  
2  
GLUTE STRETCH

**Hip Abduction**



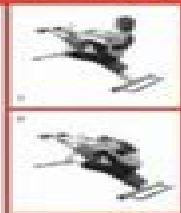
1  
2  
HIP

**Squat**



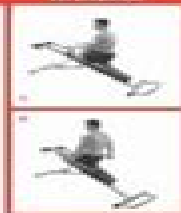
1  
2  
SQUAT

**Hamstring Stretch**



1  
2  
HAM

**Latissimus Raiseback**



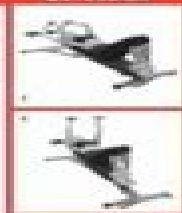
1  
2  
LAT

**Oblique Twist**



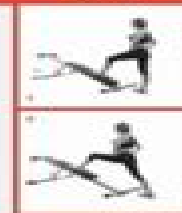
1  
2  
OBL

**Trapezius Extension**



1  
2  
TRAP

**Lunge**



1  
2  
LUNGE

**One Leg Squat**



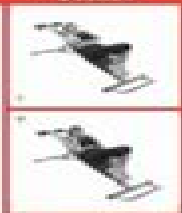
1  
2  
ONE LEG SQUAT

**Pull Up**



1  
2  
PULL UP

**Pushup Ab Crunch**



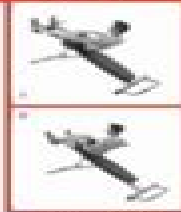
1  
2  
PUSHUP

**Back Deltoid Raise**



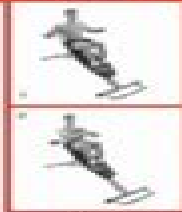
1  
2  
BACK DELT

**Biceps**



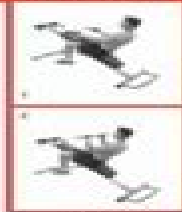
1  
2  
BICEPS

**Seated Bench Press**



1  
2  
SEATED BENCH

**Seated Curl**



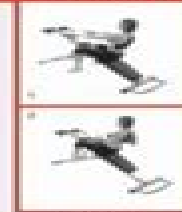
1  
2  
SEATED CURL

**Seated High Pull**



1  
2  
SEATED HIGH PULL

**Seated Row**



1  
2  
SEATED ROW

**Spot Bench**



1  
2  
SPOT BENCH

**Twisted Squat**



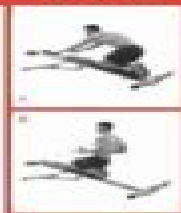
1  
2  
TWISTED SQUAT

**Stretching**



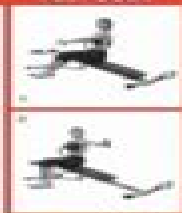
1  
2  
STRETCH

**Side Pull**



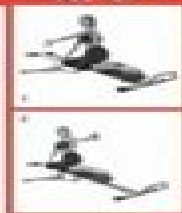
1  
2  
SIDE PULL

**Crossover Pull Feet Down**



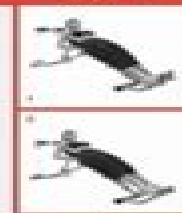
1  
2  
CROSSOVER PULL FEET DOWN

**Crossover Pull Feet Up**



1  
2  
CROSSOVER PULL FEET UP

**Torso Raise**

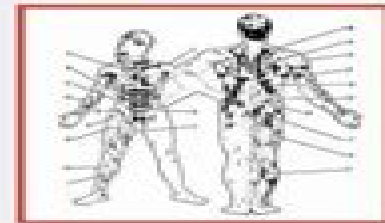


1  
2  
TORSO RAISE

Triceps by Weider  
Triceps by Weider

**Muscle Chart**

Triceps by Weider  
Biceps by Weider



# Weider Body Works Pro Exercise Chart Kiddly

**SA Dillow**



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