

# WEIDER



# BODY WORKS PRO

**ANK PULLERS**



ANKLE PULLER

**BUTTERFLY**



BUTTERFLY

**CARDIO PULL**



CARDIO PULL

**ABDOMINAL CRUNCH**



CRUNCH

**FRONT DELTOID RAISE**



FRONT

**GRASS STRETCH**



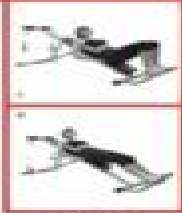
GRASS

**HIP ABDUCTION**



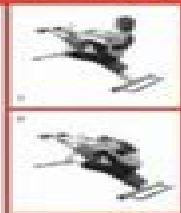
HIP

**SOAR**



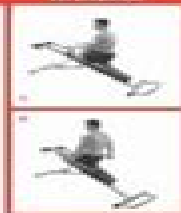
SOAR

**MIDDLE STRETCH**



MIDDLE

**MARLBOROUGH**



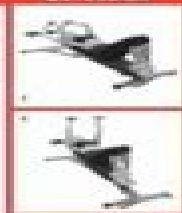
MARLBOROUGH

**DELTAIC TEST**



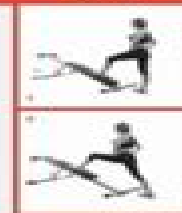
DELTAIC

**TRICEPS EXTENSION**



TRICEPS

**LEGGY**



LEGGY

**ONE LEG SOAR**



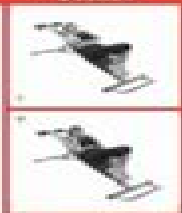
ONE LEG

**PULL UP**



PULL UP

**FOUR LEG CRUNCH**



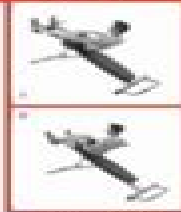
FOUR LEG

**REAR DELTOID RAISE**



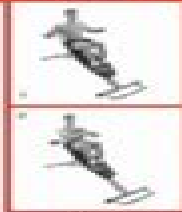
REAR

**ROWING**



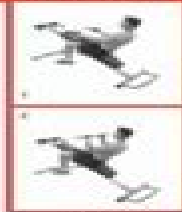
ROWING

**SCARED BIRD FEET**



SCARED

**SCARED COW**



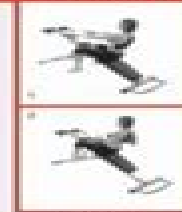
SCARED

**SCARED HORN PULL**



SCARED

**SCARED ROW**



SCARED

**SQUAT BIRD**



SQUAT

**TWISTED SOAR**



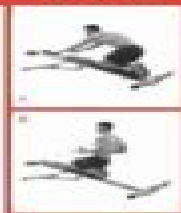
TWISTED

**STRETCHER**



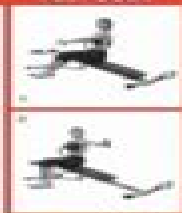
STRETCHER

**SIDE PULL**



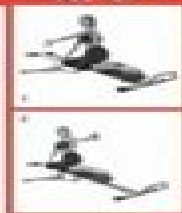
SIDE PULL

**CROSSOVER PULL FEET DOWN**



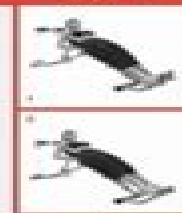
CROSSOVER

**CROSSOVER PULL FEET UP**



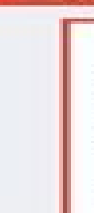
CROSSOVER

**TWO RAISE**



TWO RAISE

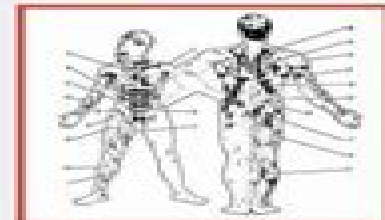
**TRICEPS BENCH PRESS**



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**MUSCLE CHART**

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THE TOTAL BODY STRENGTH TRAINING BENCH

# Weider Body Works Pro Exercise Chart Kiddly

**Kevin Sahlie**



**Weider Body Works Pro Exercise Chart Kiddly:**

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