

WEIDER



BODY WORKS PRO

Arm Pullover



1. SEATED
2. SEATED

Butterfly



1. SEATED
2. SEATED

Cardio Pull



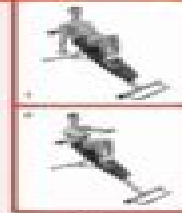
1. SEATED
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Abdominal Crunch



1. SEATED
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Front Deltoid Raise



1. SEATED
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Glute Stretch



1. SEATED
2. SEATED

Hip Abduction



1. SEATED
2. SEATED

Squat



1. SEATED
2. SEATED

Hamstring Stretch



1. SEATED
2. SEATED

Latissimus Raiseback



1. SEATED
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Oblique Twist



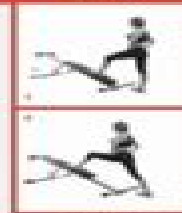
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Trapezius Extension



1. SEATED
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Lunge



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One Leg Squat



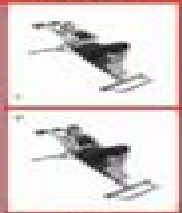
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Pull Up



1. SEATED
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Pushup Ab Crunch



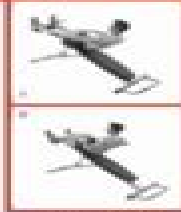
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Back Deltoid Raise



1. SEATED
2. SEATED

Biceps



1. SEATED
2. SEATED

Seated Bench Press



1. SEATED
2. SEATED

Seated Curl



1. SEATED
2. SEATED

Seated High Pull



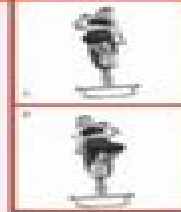
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Seated Row



1. SEATED
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Sit Bench



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Twisted Squat



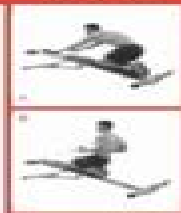
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Stretching



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Side Pull



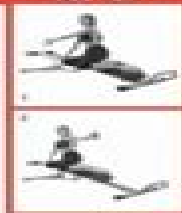
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Crossover Pull Feet Down



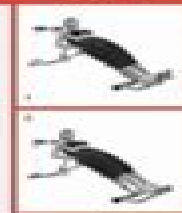
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Crossover Pull Feet Up



1. SEATED
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Torso Raise

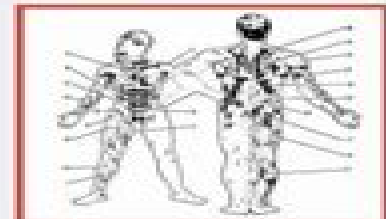


1. SEATED
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Triceps by Weider
Triceps by Weider

Muscle Chart

Triceps by Weider
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Weider Body Works Pro Exercise Chart Kiddly

Marcel A. Müller



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