

Joe Weider's BODYBUILDING SYSTEM

EXERCISE CHART



CHART NO.

1

FIRST COURSE



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BENCH PRESSES
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LEG CURLS WITH FOOT
 NECK EXERCISE ALL DIRECTIONS

BENT-OVER BARBELL ROWS
 BARBELL CURLS
 TRICEPS EXTENSIONS

INCLINE CURLS
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Joe Weiders Bodybuilding System Vol 1 Introduction To The Weider System

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