

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

Lat Pull Back



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



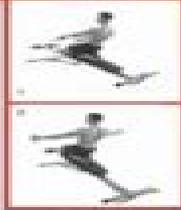
1
2
PULL UP

Push Up



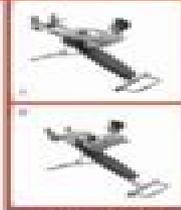
1
2
PUSH UP

Rear Deltoid Raise



1
2
REAR DELT

Rowing



1
2
ROWING

Seated Bench Press



1
2
SEATED BENCH PRESS

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

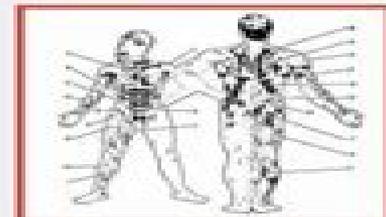


1
2
TORSO RAISE

Triceps Dip Exercise

Muscle Chart

Triceps Dip Exercise



THE TOTAL BODY STRENGTH TRAINING BENCH

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Kevin Sahlie



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