

WEIDER®



BODY WORKS PRO

ARM PULLOVER



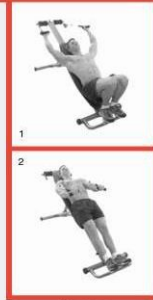
MUSCLES:
J, K, N, O, P, Q

BUTTERFLY



MUSCLES:
A, B, J, P

CARDIO PULL



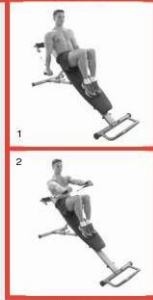
MUSCLES:
G, H, I, J, N, O,
P, S, T, V

ABDOMINAL CRUNCH



MUSCLES:
K

FRONT DELTOID RAISE



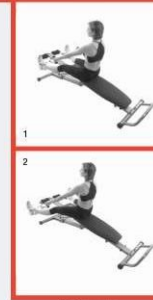
MUSCLES:
A, D, J

GROIN STRETCH



MUSCLES:
E, F, L, R, T

HIP ABDUCTION



MUSCLES:
E, F, T

SQUAT



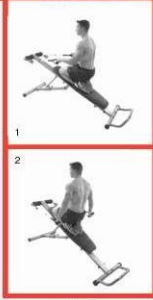
MUSCLES:
F, G, H, I, K, S,
T, V

HURDLE STRETCH



MUSCLES:
R, U, V

KNEELING KICKBACK



MUSCLES:
O, P

OBLIQUE TWIST



MUSCLES:
C, N, R

TRICEPS EXTENSION



MUSCLES:
D, P

LUNGE



MUSCLES:
F, G, L, T, U

ONE LEG SQUAT



MUSCLES:
F, G, H, I, L, S,
T, V

PULL UP



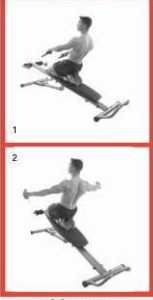
MUSCLES:
B, J, N, O, Q

PULLEY AB CRUNCH



MUSCLES:
K

REAR DELTOID RAISE



MUSCLES:
M, N, O

ROWING



MUSCLES:
E, H, I, K, N, O,
Q, U, V

SEATED BENCH PRESS



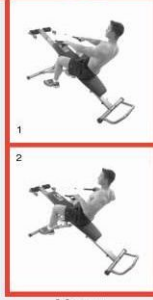
MUSCLES:
A, J, K, P

SEATED CURL



MUSCLES:
B, D

SEATED HIGH PULL



MUSCLES:
B, M, O

SEATED ROW



MUSCLES:
B, M, N, O

SIDE BEND



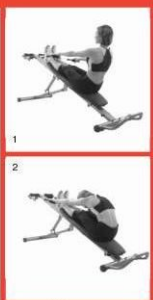
MUSCLES:
C, R

TWISTING SQUAT



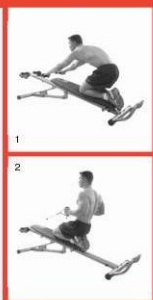
MUSCLES:
E, G, T

STRETCHER



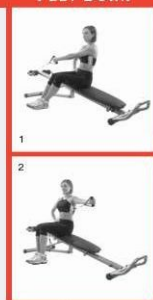
MUSCLES:
L, R, U, V

SIDE PULL



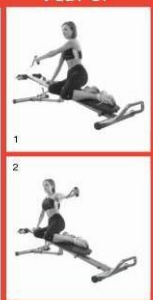
MUSCLES:
N, O, R

CROSSOVER PULL FEET DOWN



MUSCLES:
D, M, O

CROSSOVER PULL FEET UP



MUSCLES:
D, M, O

TOE RAISE

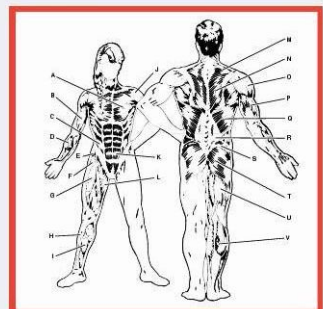


MUSCLES:
H, I, V

TABLA DE MUSCULOS
TABELLA DEI MUSCOLI

MUSCLE CHART

TABLEAU DES MUSCLES
MUSKELTABELLE



THE TOTAL BODY STRENGTH TRAINING BENCH