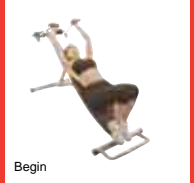


WEIDER®



BODY WORKS PRO

ARM PULLOVER



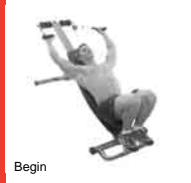
MUSCLES WORKED:
UPPER ABDOMINALS, TRICEPS,
UPPER BACK, AND SHOULDERS

BUTTERFLY



MUSCLES WORKED:
FRONT SHOULDERS,
CHEST, AND BICEPS

CARDIO PULL



MUSCLES WORKED:
QUADRICEPS, CALVES, SHOUL-
DERS, UPPER BACK, AND TRICEPS

ABDOMINAL CRUNCH



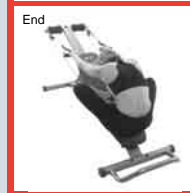
MUSCLES WORKED:
UPPER AND LOWER
ABDOMINALS

FRONT DELTOID RAISE



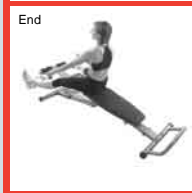
MUSCLES WORKED:
FRONT SHOULDERS,
CHEST, AND FOREARMS

GROIN STRETCH



MUSCLES STRETCHED:
GROIN, HIPS,
AND LOWER BACK

HIP ABDUCTION



MUSCLES WORKED:
OUTER THIGHS, HIPS,
AND BUTTOCKS

SQUAT



MUSCLES WORKED:
QUADRICEPS, BUTTOCKS, AND
CALVES

HURDLE STRETCH



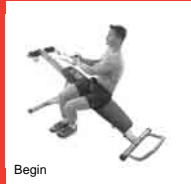
MUSCLES STRETCHED:
HAMSTRINGS AND
LOWER BACK

KNEELING KICKBACK



MUSCLES WORKED:
TRICEPS AND
REAR DELTOIDS

OBLIQUE TWIST



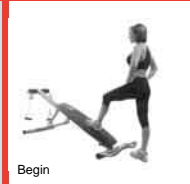
MUSCLES WORKED:
OBLIQUE ABDOMINALS, UPPER
AND LOWER BACK

TRICEPS EXTENSION



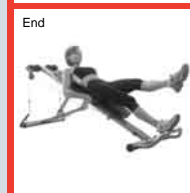
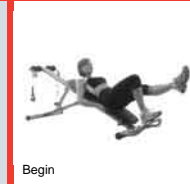
MUSCLES WORKED:
TRICEPS AND FOREARMS

LUNGE



MUSCLES WORKED:
BUTTOCKS, QUADRICEPS, AND
HAMSTRINGS

ONE LEG SQUAT



MUSCLES WORKED:
QUADRICEPS, BUTTOCKS, AND
CALVES

PULL UP



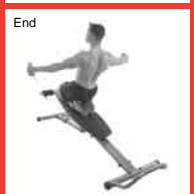
MUSCLES WORKED:
UPPER BACK, BICEPS,
AND SHOULDERS

PULLEY AB CRUNCH



MUSCLES WORKED:
UPPER AND LOWER
ABDOMINALS

REAR DELTOID RAISE



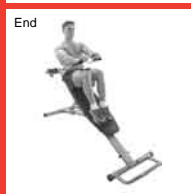
MUSCLES WORKED:
REAR SHOULDERS
AND UPPER BACK

ROWING



MUSCLES WORKED:
HAMSTRINGS, HIP FLEXORS,
ABDOMINALS, UPPER BACK,
CALVES, AND REAR SHOULDERS

SEATED BENCH PRESS



MUSCLES WORKED:
CHEST, SHOULDERS,
TRICEPS, AND ABDOMINAL

SEATED CURL



MUSCLES WORKED:
BICEPS AND FOREARMS

SEATED HIGH PULL



MUSCLES WORKED:
REAR SHOULDERS,
TRAPEZIUS, AND BICEPS

SEATED ROW



MUSCLES WORKED:
UPPER BACK, TRAPEZIUS,
AND BICEPS

SIDE BEND



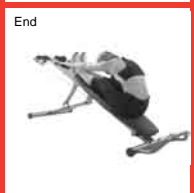
MUSCLES WORKED:
OBLIQUES AND
LOWER BACK

TWISTING SQUAT



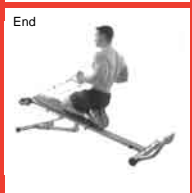
MUSCLES WORKED:
QUADRICEPS, HIP FLEXORS,
AND BUTTOCKS

STRETCHER



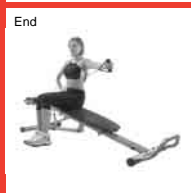
MUSCLES WORKED:
HAMSTRINGS AND
LOWER BACK

SIDE PULL



MUSCLES WORKED:
REAR SHOULDERS,
LOWER AND UPPER BACK

CROSSOVER PULL FEET DOWN



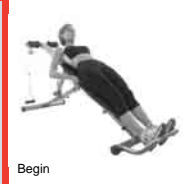
MUSCLES WORKED:
REAR SHOULDER,
FOREARM, AND BICEPS

CROSSOVER PULL FEET UP



MUSCLES WORKED:
REAR SHOULDER,
FOREARM, AND BICEPS

TOE RAISE



MUSCLES WORKED:
CALVES

WEIDER®

BE AS STRONG
AS YOU WANT

THE TOTAL BODY STRENGTH TRAINING SYSTEM