

# WEIDER



# BODY WORKS PRO

**ARM PULLOVER**



ARM PULLOVER  
MUSCLES

**BUTTERFLY**



BUTTERFLY  
MUSCLES

**CABLE PULL**



CABLE PULL  
MUSCLES

**ARMEDLY  
CABLE**



ARMEDLY  
CABLE  
MUSCLES

**FRONT DOLLOPS  
BENCH**



FRONT DOLLOPS  
BENCH  
MUSCLES

**GRAB STRETCH**



GRAB STRETCH  
MUSCLES

**HIP ABDUCTION**



HIP ABDUCTION  
MUSCLES

**BOAT**



BOAT  
MUSCLES

**MIDDLE STRETCH**



MIDDLE STRETCH  
MUSCLES

**KNEELING  
KICKBACK**



KNEELING  
KICKBACK  
MUSCLES

**DELTOID TWIST**



DELTOID TWIST  
MUSCLES

**TRICEPS  
EXTENSION**



TRICEPS  
EXTENSION  
MUSCLES

**LOWES**



LOWES  
MUSCLES

**ONE LEG BOAT**



ONE LEG BOAT  
MUSCLES

**PULL UP**



PULL UP  
MUSCLES

**PULLER  
BENCH**



PULLER  
BENCH  
MUSCLES

**BACK DOLLOPS  
BENCH**



BACK DOLLOPS  
BENCH  
MUSCLES

**ROWING**



ROWING  
MUSCLES

**SCALED BRACE  
PRESS**



SCALED BRACE  
PRESS  
MUSCLES

**SCALED CURT**



SCALED CURT  
MUSCLES

**SCALED HILL  
PULL**



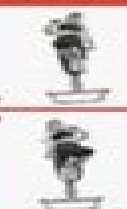
SCALED HILL  
PULL  
MUSCLES

**SCALED ROW**



SCALED ROW  
MUSCLES

**BOX BRIDGE**



BOX BRIDGE  
MUSCLES

**TRICEPS  
BOAT**



TRICEPS  
BOAT  
MUSCLES

**STRETCHING**



STRETCHING  
MUSCLES

**BOX PULL**



BOX PULL  
MUSCLES

**CROSSOVER PULL  
FEET DOWN**



CROSSOVER PULL  
FEET DOWN  
MUSCLES

**CROSSOVER PULL  
FEET UP**



CROSSOVER PULL  
FEET UP  
MUSCLES

**THE RAMP**



THE RAMP  
MUSCLES

**TRICEPS  
BENCH**



TRICEPS BENCH  
MUSCLES

**MIDDLE CARRY**

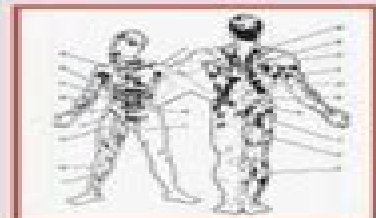


MIDDLE CARRY  
MUSCLES

**TRICEPS  
BENCH**



TRICEPS BENCH  
MUSCLES



**THE TOTAL BODY STRENGTH TRAINING BENCH**

# Weider Power Guide Chart

**JG Myers**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the JG Myers text.

**Weider Power Guide Chart:**

## Unveiling the Magic of Words: A Report on "**Weider Power Guide Chart**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Weider Power Guide Chart**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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