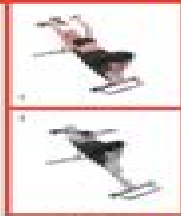


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Arm Pullover



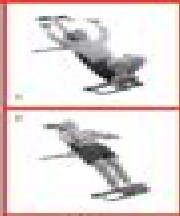
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Butterfly



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Cardio Pull



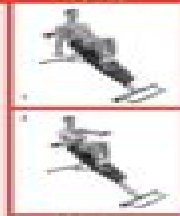
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Abdominal Crunch



MOVES
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Front Deltoid Raise



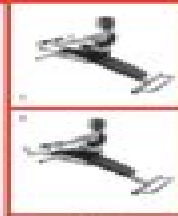
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Glute Stretch



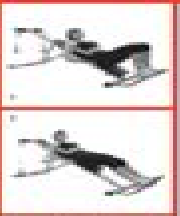
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Hip Adduction



MOVES
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Squat



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Hurdle Stretch



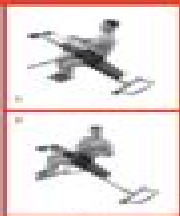
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Kneeling Kickback



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Outside Twist



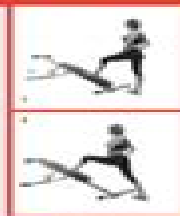
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Twisting Extension



MOVES
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Lunge



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One Leg Squat



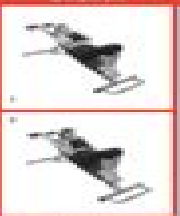
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Pull Up



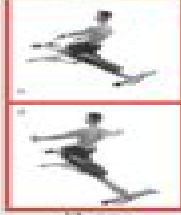
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Footy Air Crunch



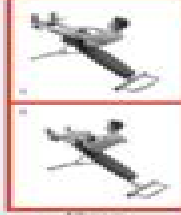
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Rear Deltoid Raise



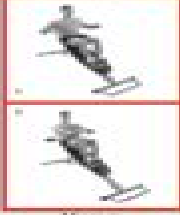
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Rowing



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Seated Bench Press



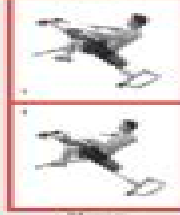
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Seated Curl



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Seated Row Pull



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Seated Row



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Side Bend



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Twisting Squat



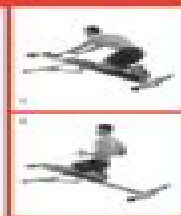
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Stretcher



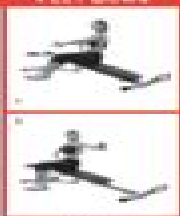
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Side Pull



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Crossover Pull Feet Down



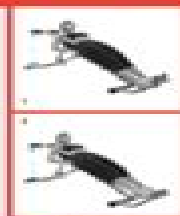
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Crossover Pull Feet Up



MOVES
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Toe Raise

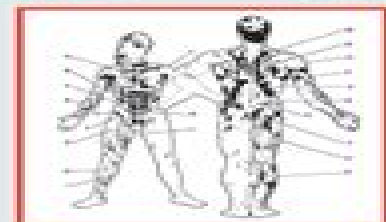


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MUSCLE CHART

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THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Ultimate Body Works Exercise Guide

John Little



Weider Ultimate Body Works Exercise Guide:

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exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time **Black Belt** ,1974-05 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

Video Source Book ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

Popular Mechanics ,1975-02 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle Field & Stream ,1974-05 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations

Mike Mentzer John Little,2025-05-20 Bodybuilding s foremost nonconformist and strikingly handsome intellectual Mike Mentzer rose to the top of his sport despite opposition from industry insiders like rival Schwarzenegger Written by his close friend of two decades Mike Mentzer American Odysseus chronicles Mentzer s journey in a fiercely competitive world to become one of the most iconic bodybuilders of all time REBEL PHILOSOPHER BODYBUILDING ICON Mike Mentzer was a strikingly handsome man with a brilliant mind and a perfect physique the first bodybuilder to receive a perfect score in both amateur and professional competitions In the late 70s Mentzer rose to the very top of his sport despite the efforts made by industry power brokers such as Arnold Schwarzenegger was featured in GQ magazine and profiled on national television But he was also a man who wrestled with mental illness his entire life and ended up living on the streets and being sent to prison Just when it seemed his career was over he found it within himself to reboot his intellect and revolutionize bodybuilding training arguing bodybuilders should not forsake their mental development in favor of developing their bodies He became a pariah in the fitness industry which only cared about selling supplements and other products but a hero to legions of fans who earnestly sought truth Mike Mentzer American Odysseus is the first biography of Mike Mentzer to appear in North America written by his close friend of 21 years John Little one of the leading fitness researchers in North America Iron Man magazine Drawing upon audio recordings letters diary excerpts as well as interviews with those closest to him this is the true story of one man who stood up to an entire industry and paid the ultimate price **Red Book** ,1975 The magazine for young adults varies *Playgirl* ,1978 **Ebony** ,1976-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *Subject Guide to Books in Print* ,2001 FrameWork Nicholas A. DiNubile,William Patrick,2005-07-08 An orthopedic surgeon

introduces a complete guide to fitness that prevents bone and joint problems furnishing a detailed self test designed to uncover potential problems as well as a comprehensive program that combines diet and lifestyle advice with a balanced effective workout that can be tailored to suit individual requirements and special problems Original 35 000 first printing

TV Guide ,1975 *McCall's* ,1975-04 *Video Source Book* Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction *Subject Guide to Children's Books in Print 1997* Bowker Editorial Staff,R R Bowker Publishing,1996-09 **Shape** ,1996

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
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