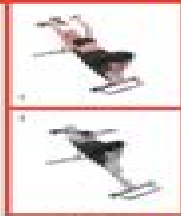


# WEIDER



# BODY WORKS PRO

**Arm Pullover**



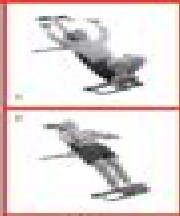
MOVES  
1 2

**Butterfly**



MOVES  
1 2

**Cardio Pull**



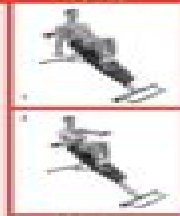
MOVES  
1 2

**Abdominal Crunch**



MOVES  
1 2

**Front Deltoid Raise**



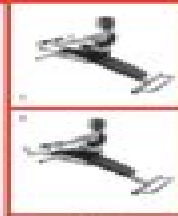
MOVES  
1 2

**Groin Stretch**



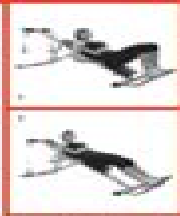
MOVES  
1 2

**Hip Adduction**



MOVES  
1 2

**Squat**



MOVES  
1 2

**Hurdle Stretch**



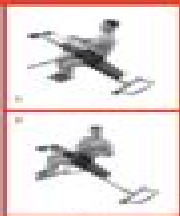
MOVES  
1 2

**Kneeling Kickback**



MOVES  
1 2

**Outside Twist**



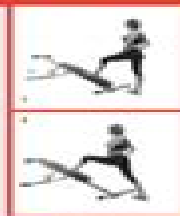
MOVES  
1 2

**Twisting Extension**



MOVES  
1 2

**Lunge**



MOVES  
1 2

**One Leg Squat**



MOVES  
1 2

**Pull Up**



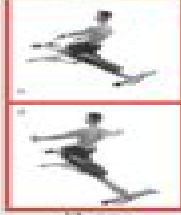
MOVES  
1 2

**Footy Air Crunch**



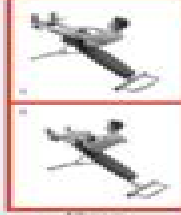
MOVES  
1 2

**Rear Deltoid Raise**



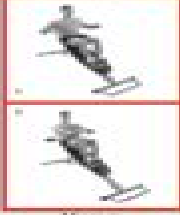
MOVES  
1 2

**Rowing**



MOVES  
1 2

**Seated Bench Press**



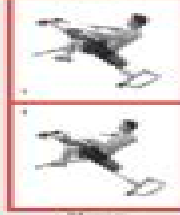
MOVES  
1 2

**Seated Curl**



MOVES  
1 2

**Seated Row Pull**



MOVES  
1 2

**Seated Row**



MOVES  
1 2

**Side Bend**



MOVES  
1 2

**Twisting Squat**



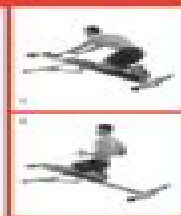
MOVES  
1 2

**Stretcher**



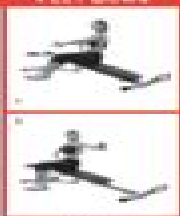
MOVES  
1 2

**Side Pull**



MOVES  
1 2

**Crossover Pull Feet Down**



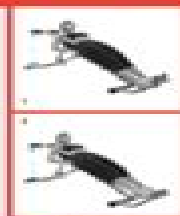
MOVES  
1 2

**Crossover Pull Feet Up**



MOVES  
1 2

**Toe Raise**

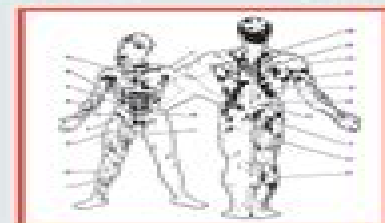


MOVES  
1 2

Thanks to Weider  
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**MUSCLE CHART**

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**THE TOTAL BODY STRENGTH TRAINING BENCH**

# Weider Pro Exercise Chart

**RC Schank**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'RC Schank' text.

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