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# BODY WORKS PRO

**ARM PULLOVER**



ARM PULLOVER  
MUSCLES: PECTORALS, LATISSIMUS DORSI

**BUTTERFLY**



BUTTERFLY  
MUSCLES: PECTORALS, LATISSIMUS DORSI

**CABLE PULL**



CABLE PULL  
MUSCLES: PECTORALS, LATISSIMUS DORSI

**ARMED CABLE**



ARMED CABLE  
MUSCLES: PECTORALS, LATISSIMUS DORSI

**FRONT DOLPHIN RANGE**



FRONT DOLPHIN RANGE  
MUSCLES: PECTORALS, LATISSIMUS DORSI

**GRAB STRETCH**



GRAB STRETCH  
MUSCLES: PECTORALS, LATISSIMUS DORSI

**HIP ABDUCTION**



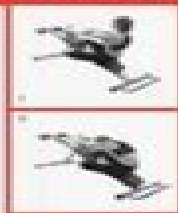
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**BOAT**



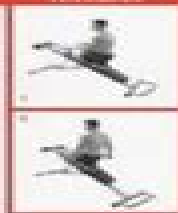
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**MIDDLE STRETCH**



MIDDLE STRETCH  
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**KNEELING KICKBACK**



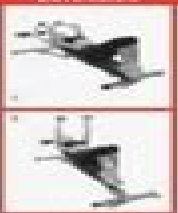
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**DELTA THERAPY**



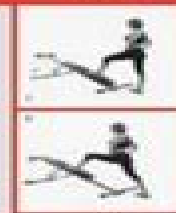
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**TRICEPS EXTENSION**



TRICEPS EXTENSION  
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**LOWES**



LOWES  
MUSCLES: PECTORALS, LATISSIMUS DORSI

**ONE LEG BOAT**



ONE LEG BOAT  
MUSCLES: PECTORALS, LATISSIMUS DORSI

**PULL UP**



PULL UP  
MUSCLES: PECTORALS, LATISSIMUS DORSI

**PULLER AND CATCHER**



PULLER AND CATCHER  
MUSCLES: PECTORALS, LATISSIMUS DORSI

**BACK DOLPHIN RANGE**



BACK DOLPHIN RANGE  
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**ROWING**



ROWING  
MUSCLES: PECTORALS, LATISSIMUS DORSI

**SCALED BRACE PULL**



SCALED BRACE PULL  
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**SCALED CURT**



SCALED CURT  
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**SCALED HILL PULL**



SCALED HILL PULL  
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**SCALED ROW**



SCALED ROW  
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**BOX BEND**



BOX BEND  
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**TRICEPS BOAT**



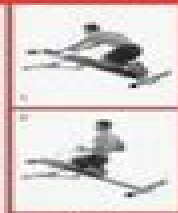
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**STRETCHING**



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**BOX PULL**



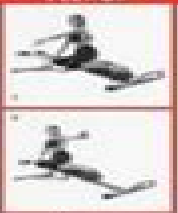
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**CROSSOVER PULL FEET DOWN**



CROSSOVER PULL FEET DOWN  
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**CROSSOVER PULL FEET UP**



CROSSOVER PULL FEET UP  
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THE RANGE  
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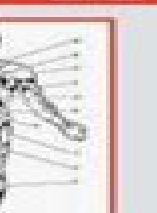
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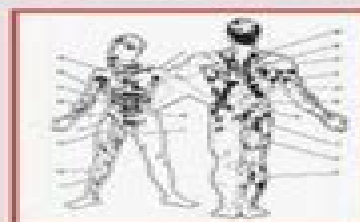


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# Weider Exercise Guide

**Rachel Sandford**



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