

FIRST COURSE CHART No. 1

BEGINNER'S EXERCISES: TO BE PERFORMED
ON THE FIRST EXERCISE DAY OF EACH WEEK



BENCH PRESS (FNL. 11)



BENT ARM LATERAL (FNL. 12)



STEP ARM PULL-OVER (FNL. 13)



FRONT BARBELL
CURL (FNL. 14)



LYING TRICEPS CURL (FNL. 15)



BENT OVER
BARBELL ROWING
(FNL. 16)



BENT OVER LATERAL (FNL. 17)



SIDE LATERAL
RAISE (FNL. 18)



FORWARD
LATERAL
RAISE
(FNL. 19)



FRONT DUMBBELL
RAISE (FNL. 20)



KNEE WEIGHT CURL (FNL. 21)



FLAT FRONT RIGHT (FNL. 22)



CALF RAISE (FNL. 23)



LEG RAISE (FNL. 24)

Weider System Of Progressive Barbell Exercise Manual

M Mosston



Weider System Of Progressive Barbell Exercise Manual:

The Enigmatic Realm of **Weider System Of Progressive Barbell Exercise Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Weider System Of Progressive Barbell Exercise Manual** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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Weider System Of Progressive Barbell Exercise Manual Introduction

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