

WEIDER®



BODY WORKS PRO

ARM PULLOVER	BUTTERFLY	CARDIO PULL	ABDOMINAL CRUNCH	FRONT DELTOID RAISE	GROIN STRETCH	HIP ABDUCTION	SQUAT
MUSCLES: J, K, N, O, P, Q	MUSCLES: A, B, J, P	MUSCLES: G, H, I, J, N, O, P, S, T, V	MUSCLES: K	MUSCLES: A, D, J	MUSCLES: E, F, L, R, T	MUSCLES: E, F, T	MUSCLES: F, G, H, I, K, S, T, V
HURDLE STRETCH	KNEELING KICKBACK	OBLIQUE TWIST	TRICEPS EXTENSION	LUNGE	ONE LEG SQUAT	PULL UP	PULLEY AB CRUNCH
MUSCLES: R, U, V	MUSCLES: O, P	MUSCLES: C, N, R	MUSCLES: D, P	MUSCLES: F, G, L, T, U	MUSCLES: F, G, H, I, L, S, T, V	MUSCLES: B, J, N, O, Q	MUSCLES: K
REAR DELTOID RAISE	ROWING	SEATED BENCH PRESS	SEATED CURL	SEATED HIGH PULL	SEATED ROW	SIDE BEND	TWISTING SQUAT
MUSCLES: M, N, O	MUSCLES: E, H, I, K, N, O, Q, U, V	MUSCLES: A, J, K, P	MUSCLES: B, D	MUSCLES: B, M, O	MUSCLES: B, M, N, O	MUSCLES: C, R	MUSCLES: E, G, T
STRETCHER	SIDE PULL	CROSSOVER PULL FEET DOWN	CROSSOVER PULL FEET UP	TOE RAISE	MUSCLE CHART		
MUSCLES: I, R, U, V	MUSCLES: N, O, R	MUSCLES: D, M, O	MUSCLES: D, M, O	MUSCLES: H, I, V	TABLA DE MUSCULOS TABELLA DEI MUSCOLI MUSCLE CHART MUSKELTABELLE		

THE TOTAL BODY STRENGTH TRAINING BENCH

Part # 174697 R0401A WEEVBE1401

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