

WEIDER



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

GLUTE STRETCH



GLUTE STRETCH
MUSCLES: GLUTES, HAMSTRINGS

HIP ABDUCTION



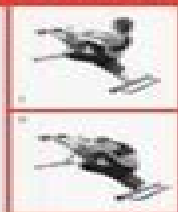
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MUSCLES: GLUTES, HAMSTRINGS

BOAT



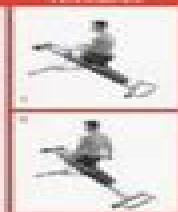
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MUSCLES: PECTORALS, LATISSIMUS DORSI

MIDDLE STRETCH



MIDDLE STRETCH
MUSCLES: PECTORALS, LATISSIMUS DORSI

KNEELING KICKBACK



KNEELING KICKBACK
MUSCLES: GLUTES, HAMSTRINGS

DELTA TWIST



DELTA TWIST
MUSCLES: PECTORALS, LATISSIMUS DORSI

TRICEPS EXTENSION



TRICEPS EXTENSION
MUSCLES: TRICEPS

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
MUSCLES: PECTORALS, LATISSIMUS DORSI

ROWING



ROWING
MUSCLES: PECTORALS, LATISSIMUS DORSI

SCALED BRIDGE PULL



SCALED BRIDGE PULL
MUSCLES: PECTORALS, LATISSIMUS DORSI

SCALED CURT



SCALED CURT
MUSCLES: PECTORALS, LATISSIMUS DORSI

SCALED HILL PULL



SCALED HILL PULL
MUSCLES: PECTORALS, LATISSIMUS DORSI

SCALED ROW



SCALED ROW
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BOX BEND



BOX BEND
MUSCLES: PECTORALS, LATISSIMUS DORSI

TENTING BOAT



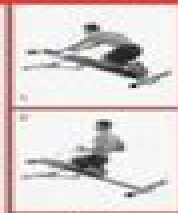
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STRETCHING



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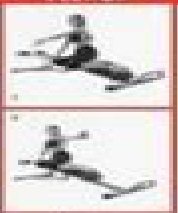
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CROSSOVER PULL FEET DOWN



CROSSOVER PULL FEET DOWN
MUSCLES: PECTORALS, LATISSIMUS DORSI

CROSSOVER PULL FEET UP



CROSSOVER PULL FEET UP
MUSCLES: PECTORALS, LATISSIMUS DORSI

THE RANGE



THE RANGE
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TRICEPS BENCH PRESS



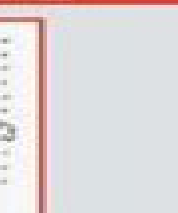
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MIDDLE CATCH

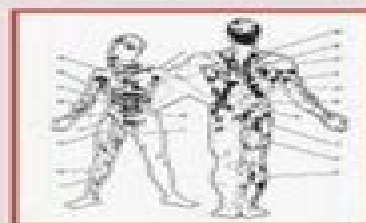


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THE TOTAL BODY STRENGTH TRAINING BENCH

Weider Max Ultra Workout Guide

Joe Weider



Weider Max Ultra Workout Guide:

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magazines newspapers outdoor network television spot television syndicated television cable television network radio and
national spot radio Lists brands alphabetically and shows total expenditures media used parent company and PIB
classification for each brand Also included in this report are industry class totals and rankings of the top 100 companies in
each of the media *Musical Forecast* ,1927 *The Doctor's Pocket Calorie, Fat & Carbohydrate Counter* Allan
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said It s definitely America s best calorie counter **Consumers Index to Product Evaluations and Information**
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Weider,2003 **Joe Weider's Ultimate Bodybuilding** Joe Weider,Bill Reynolds,1989-09-22 This massive and authoritative
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correlation between the amount of weight you use with perfect biomechanics in an exercise and the mass of muscles that
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and started entering competitions I discovered that I quickly became bored with a set training program I began to use the
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a particular body part Lou Ferrigno On Supersets Since supersets constitute a big jump in training intensity I always tell
bodybuilders new to the Weider Supersets Training Principles to experiment with supersets compounding movements for the
biceps and triceps or forearm flexors and forearm extensors Albert Beckles IFBB World Pro Grand Prix Champion **One**

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Joe Weider's Muscle and Fitness Training Notebook Muscle & Fitness,2004-02-01 Built to capitalise on the exciting new design of Muscle and Fitness this edition allows you to store each new Training Notebook pullout in a high quality printed binder This special Collector s Edition works with each new issue of the magazine Remove the M F pullout in each month s Training Notebook section and add it to this binder Your training library will continue to grow The Training Notebook Collector s Edition provides detailed instructions on doing each movement correctly for maximum effectiveness and safety Special tips let you customise each exercise for your individual goals whether you want wider shoulders or stronger legs Colour coded anatomy drawings show you the muscles in action with sports applications for each exercise listed

Champion Bodybuilders' Training Strategies and Routines Joe Weider,1982

The total fitness guide Weider Health & Fitness Ltd,1994*

World's Best Workouts for Building Muscle Bill Geiger,2020-02-08 This 66 page guide is already proclaimed as one of the best ever created and the best reference you ll find on building muscle Learn the 5 critical variables that initiate muscle hypertrophy and how they affect the three mechanisms of muscle growth the 3 key lessons you ll want to learn to continue making progress how to create a better training split to optimize muscle growth the best family of exercises for each muscle group 7 nutrition guidelines for building muscle 10 dietary strategies for adding size and 6 tips perfect for the hard gainer Yes it also has sample workouts that put all that great information together What s more now you ll know how to best tweak your future workouts so you won t plateau Not for beginners Put together by award winning bodybuilding journalist Bill Geiger MA who spent 14 years as Editor of Muscle Fitness magazine 6 years as Editor with MuscleMag and 3 with Bodybuilding com as Senior Editor He s one of the most sought after training writers in North America Visit his website

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