

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)



HIGH LATERAL
RAISE (FNL. 18)



FORWARD
LATERAL
RAISE
(FNL. 19)



FRONT RAISE
(FNL. 20)



KNEE RAISE CURL (FNL. 21)



FLAT FRONT RIGHT (FNL. 22)



CALF RAISE (FNL. 23)



LEG RAISE (FNL. 24)

Weider Weight System Exercise Guide

R Sanford

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Weider Weight System Exercise Guide:

The Weider Body Book Betty Weider, Joe Weider, 1984 Bodybuilding for women Jim Kepner **Bullet Proof Guide For:**
Bodybuilding, Fitness, Exercise, Supplementation, Diet, Training, & Mechanics Tom Mione, 2020-08-01 This is a complete
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into the muscle fibers You will learn how to define the perfect workout as well as how to supplement the right way The
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Randy Roach, 2008 The research for this extensive two volume project represents a comprehensive effort to establish a
complete context from which the sport of bodybuilding arose Muscle Smoke but also to the most elite of athletes Whether
you are a novice an elite bodybuilder or simply sports nutrition minded learn how the emerging forces of the Iron Game
evolved Ultimately the factions of this industry would grow powerful and manipulative while fighting for control over the
Game It took the running of several parallel histories on bodybuilding nutrition supplements and the role of drugs to offer a
complete first time unraveling of the web of confusion and politics that still permeates the sport into the 21st century Volume
I of Muscle Smoke Mirrors is truly the untold stories surrounding Bodybuilding s Amazing Nutritional Origins *The*
Publishers Weekly , 1996 *Permanent Habit Control* Brian Grodner, David B. Reid, 2010-01-18 Grodner and Reid present the
first professional book that attempts to permanently change health behaviors using Ericksonian Hypnotherapy This book
provides mental health professionals with a practical resource that will help them initiate permanent habit change in their

clients lives Hypnotherapy has been proven to help people break poor eating habits quit smoking reduce alcohol and drug consumption and manage stress The book provides eclectic and innovative behavioral and naturalistic interventions that can be individually tailored to help clients regain control of their lives The authors offer specific strategies processes metaphors images reframing techniques task assignments and other innovative techniques for managing unwanted habits beginning with the initial client contact and continuing through relapse prevention and follow up reinforcement sessions Assists practitioners in helping clients understand and access their internal resources to help them initiate permanent habit control Demonstrates how to employ the Enneagram a profound psychological and spiritual tool for understanding the self and offering pragmatic insight to initiate behavioral changes Presents case histories from the authors own clinical work to illustrate the interventions in practical and strategic ways Includes end of chapter activities to improve skills such as generating individualized treatment plans and conducting personality assessments Hypnotherapy serves as a less expensive alternative approach for improving the quality of life and helping people adopt healthier lifestyles through behavioral change

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