

# WEIDER®



# BODY WORKS PRO

**ARM PULLOVER**



MUSCLES:  
J, K, N, O, P, Q

**BUTTERFLY**



MUSCLES:  
A, B, J, P

**CARDIO PULL**



MUSCLES:  
G, H, I, J, N, O,  
P, S, T, V

**ABDOMINAL CRUNCH**



MUSCLES:  
K

**FRONT DELTOID RAISE**



MUSCLES:  
A, D, J

**GROIN STRETCH**



MUSCLES:  
E, F, L, R, T

**HIP ABDUCTION**



MUSCLES:  
E, F, T

**SQUAT**



MUSCLES:  
F, G, H, I, K, S,  
T, V

**HURDLE STRETCH**



MUSCLES:  
R, U, V

**KNEELING KICKBACK**



MUSCLES:  
O, P

**OBLIQUE TWIST**



MUSCLES:  
C, N, R

**TRICEPS EXTENSION**



MUSCLES:  
D, P

**LUNGE**



MUSCLES:  
F, G, L, T, U

**ONE LEG SQUAT**



MUSCLES:  
F, G, H, I, L, S,  
T, V

**PULL UP**



MUSCLES:  
B, J, N, O, Q

**PULLEY AB CRUNCH**



MUSCLES:  
K

**REAR DELTOID RAISE**



MUSCLES:  
M, N, O

**ROWING**



MUSCLES:  
E, H, I, K, N, O,  
Q, U, V

**SEATED BENCH PRESS**



MUSCLES:  
A, J, K, P

**SEATED CURL**



MUSCLES:  
B, D

**SEATED HIGH PULL**



MUSCLES:  
B, M, O

**SEATED ROW**



MUSCLES:  
B, M, N, O

**SIDE BEND**



MUSCLES:  
C, R

**TWISTING SQUAT**



MUSCLES:  
E, G, T

**STRETCHER**



MUSCLES:  
L, R, U, V

**SIDE PULL**



MUSCLES:  
N, O, R

**CROSSOVER PULL FEET DOWN**



MUSCLES:  
D, M, O

**CROSSOVER PULL FEET UP**



MUSCLES:  
D, M, O

**TOE RAISE**

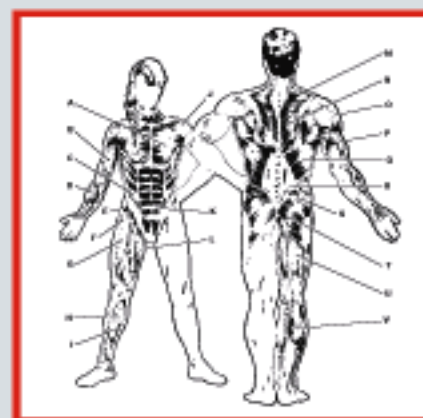


MUSCLES:  
H, I, V

TABLA DE MUSCULOS  
TABELLA DEI MUSCOLI

MUSCLE CHART

TABLAU DES MUSCLES  
MUSKELTABELLE



**THE TOTAL BODY STRENGTH TRAINING BENCH**