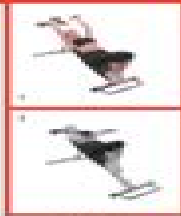


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BODY WORKS PRO

Arm Pullover



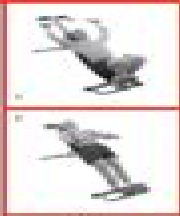
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Butterfly



MOVES
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Cardio Pull



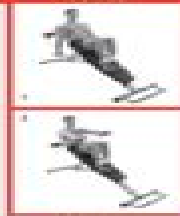
MOVES
1 2

Abdominal Crunch



MOVES
1 2

Front Deltoid Raise



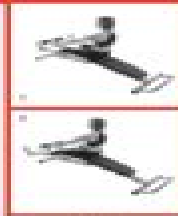
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Glute Stretch



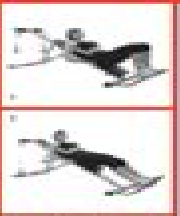
MOVES
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Hip Abduction



MOVES
1 2

Squat



MOVES
1 2

Hurdle Stretch



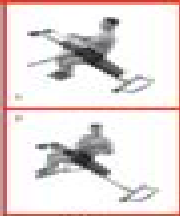
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Kneeling Kickback



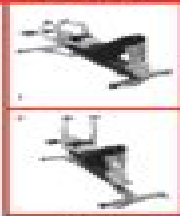
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Outside Twist



MOVES
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Twisting Extension



MOVES
1 2

Lunge



MOVES
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One Leg Squat



MOVES
1 2

Pull Up



MOVES
1 2

Footy Air Crunch



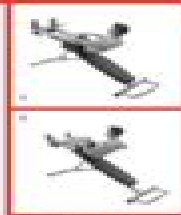
MOVES
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Rear Deltoid Raise



MOVES
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Rowing



MOVES
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Seated Bench Press



MOVES
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Seated Curl



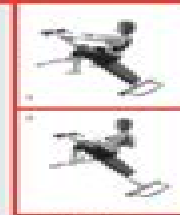
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Twisting Squat



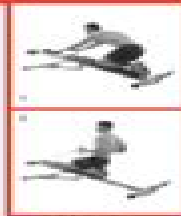
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Side Pull



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Crossover Pull Feet Down



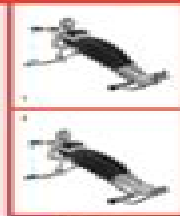
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Crossover Pull Feet Up



MOVES
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Toe Raise

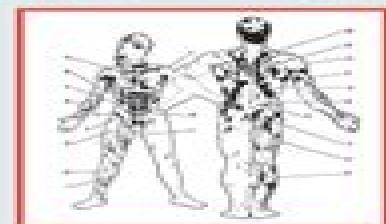


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MIDDLE CHART

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Weider The Complete Body Works Workout Guide

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 - Chapter 4: Weider The Complete Body Works Workout Guide in Specific Contexts
 - Chapter 5: Conclusion
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