

FIRST COURSE CHART No. 1

BEGINNER'S EXERCISES: TO BE PERFORMED
ON THE FIRST EXERCISE DAY OF EACH WEEK



BENCH PRESS (FIG. 1)



BENT ARM LATERAL (FIG. 2)



STIFF ARM PULL-OVER (FIG. 3)



VERTICAL BARBELL
CURL (FIG. 4)



LYING TRICEPS CURL (FIG. 5)



BENT OVER
BARBELL ROWING
(FIG. 6)



BENT OVER LATERAL (FIG. 7)



SIDE LATERAL
RAISE (FIG. 8)



FORWARD
LATERAL
RAISE
(FIG. 9)



SINGLE ARM
PULL-OVER
(FIG. 10)



KNEE RAISE CURL (FIG. 11)



FLAT FRONT SQUAT (FIG. 12)



CALF RAISE (FIG. 13)



LEG RAISE (FIG. 14)

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H.W. Wilson Company

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the H.W. Wilson Company text.

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Muscle Jon Hotten, 2011-06-08 Bodybuilding is the wildest wierdest sport in the world but it s more than just a sport It s a whole way of life for the supermen who scale its Olympian heights Muscle is a journey through a land of giants men for whom life is given meaning by the pursuit of the perfect pec and who worship at the shrine of Schwarzenegger Jon Hotten has a 40 inch chest and 12 inch arms Undaunted he fights his unpromising genetics to hitch up with the bodybuilding circus hanging out with the stars and legends the casualties gym rats and iron junkies As his forbidding subjects open up he discovers a story of unregulated excess chemical mayhem and hard won glory a story for anyone who s ever looked in the mirror and wanted more **Yoga Journal** ,1985-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty The Weider System of Bodybuilding

Joe Weider, Bill Reynolds, 1983 Time tested principles that help bodybuilders get the most out of their training **Karate Kid (1976-1978)** , Karate Kid 1 15 1976 1978 Karate Kid also known as Val Armorr has mastered every single form of unarmed combat in the 30th Century He travels to the 20th Century and decides to stay there as he finds purpose in his life

The Senior High School Paperback Collection John Thomas Gillespie, 1986 Provides an annotated list of more than four thousand paperbacks including fiction poetry and books on religion art crafts sports science music history and education

Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office, 1971 Subject Guide to Books in Print ,1993 **Fit for Consumption** Jennifer Smith Maguire, 2007-09-06 This is the first text to offer a comprehensive socio

cultural and historical analysis of the current fitness culture Fitness today is not simply about health clubs and exercise classes or measures of body mass index and cardiovascular endurance Fit for Consumption conceptualizes fitness as a field within which individuals and institutions may negotiate if not altogether reconcile the competing and often conflicting social demands made on the individual body that characterize our current era Intended for researchers and senior undergraduate and postgraduate students of sport leisure cultural studies and the body this book utilizes the US fitness field as a case study through which to explore the place of the body in contemporary consumer culture Combining observations in health clubs interviews with fitness producers and consumers and a discourse analysis of a wide variety of fitness texts this book provides an empirically grounded examination of one of the pressing theoretical questions of our time how individuals learn to fit into consumer culture and the service economy and how our bodies and selves become fit for consumption Weight Training

for Beginners Lanie Lass, 1985 *The Weider Body Book* Betty Weider, Joe Weider, 1984 Bodybuilding for women Jim Kepner

Manstyle Peter Carlsen, William Wilson, 1977 **Bowker's Complete Video Directory** ,1998 **Bodybuilding, the Weider Approach** Joe Weider, 1981 From the man who trained Schwarzenegger and Ferrigno comes an easy to follow

manual on bodybuilding **Body Mastery** Kris Gebhardt,1997 Learn how thoughts feelings and actions create the body
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