

# 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)



STEP 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  
(FIG. 10)



KNEE RAISE (FIG. 11)



FLAT FRONT RAISE (FIG. 12)



ONE ARM (FIG. 13)



LEG RAISE (FIG. 14)

# Joe Weider Workout Manual

**Jicheng Xie**



## **Joe Weider Workout Manual:**

## Enjoying the Melody of Term: An Emotional Symphony within **Joe Weider Workout Manual**

In a global consumed by displays and the ceaseless chatter of instant communication, the melodic elegance and mental symphony created by the published term usually disappear into the back ground, eclipsed by the relentless sound and disruptions that permeate our lives. However, located within the pages of **Joe Weider Workout Manual** an enchanting literary treasure filled with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this fascinating masterpiece conducts visitors on an emotional journey, well unraveling the concealed tunes and profound affect resonating within each carefully constructed phrase. Within the depths with this touching evaluation, we will explore the book is main harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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