

# 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

**A Gutmann**



## **Joe Weider Workout Manual:**

## Whispering the Strategies of Language: An Mental Journey through **Joe Weider Workout Manual**

In a digitally-driven earth where screens reign great and quick interaction drowns out the subtleties of language, the profound techniques and mental subtleties hidden within words often go unheard. Yet, located within the pages of **Joe Weider Workout Manual** a charming fictional treasure pulsing with raw emotions, lies an exceptional quest waiting to be undertaken. Composed by a talented wordsmith, this marvelous opus encourages visitors on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the very cloth of every word. Within the psychological depths of the moving evaluation, we shall embark upon a honest exploration of the book is key subjects, dissect their captivating publishing fashion, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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