

Joe Weider's BODYBUILDING SYSTEM

EXERCISE CHART

FIRST COURSE

CHART NO. **1**

1. BENCH PRESS	2. BARBELL SQUATS	3. BARBELL DEADLIFTS	4. BARBELL OVERHEAD PRESS	5. BARBELL BICEP CURLS	6. BARBELL TRICEPS EXTENSIONS
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EXERCISES:

- 1. BENCH PRESS
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