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Published in the mid-twentieth century, "The Weider System of Progressive Barbell Exercise"™ was one of Joe Weider's first attempts to introduce body-split training to the bodybuilding community. Divided into six different levels, from beginner to advanced, the Weider System adorned the walls of many old-school bodybuilding gyms.

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coincidentally, growth was slow. The Set System Training Principle suggests performing multiple sets of each exercise, therefore giving each muscle a more thorough workout for optimal growth. For beginners, the Weider System recommends 2-4 sets each of 1-4 exercises per bodypart (for instance, the bench press and dumbbell flye for chest).

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The Weider System of Bodybuilding: Joe Weider, Bill

Women's Weight Training and Bodybuilding Tips and Routines , Joe Weider, Weider, 1982, Health & Fitness, 113 pages. . Bodybuilding, the Weider approach , Joe Weider ...

The Weider system of bodybuilding, 1983, 228 pages, Joe

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