

**1 BENCH PRESS**

Sit on the seat and hold the handles with your hands. Extend your legs and place your feet on the floor. Hold the handles with your hands and extend your legs. Keep your back straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY PRESS**

Adjust the system so it supports the back. Sit on the seat and hold the handles with your hands. Extend your legs and place your feet on the floor. Keep your back straight. Fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and extend your arms. Extend your arms as straight. Press the handles towards each other until your arms are straight. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your feet on the floor. Extend your legs and place your feet on the floor as straight as possible. Return to the starting position.

Muscles affected: L, M

**5 SQUAT**

Hold the handles with an overhand grip. Extend your legs and place your feet on the floor. Extend your arms as straight. Keep your back straight. Bend your legs. Return to the starting position.

Muscles affected: P, L, M, M

**6 ALTERNATE LEG RAISE**

Adjust the seat so your back is straight and your arms are supporting your weight. Extend your legs and place your feet on the floor. Extend your left leg and bring your right leg up. Return to the starting position. Alternate legs with each rep.

Muscles affected: B, P, M

**7 VERTICAL KNEE RAISE**

Adjust the seat so your back is straight and your arms are supporting your weight. Extend your legs and place your feet on the floor. Extend your left leg and bring your right knee up. Return to the starting position.

Muscles affected: P, M

**8 ASSISTED DIP**

Hold the handles with an overhand grip. Extend your legs and place your feet on the floor. Extend your arms as straight and place them resting on the seat. Return to the starting position.

Muscles affected: B, L, M, P, D, M, B, M

**9 PULL-UP**

Grasp the pull-up handles with an overhand grip. Pull your body up until your arms are straight and your chin is level with your head. Return to the starting position.

Muscles affected: C, L, D, P, B

**10 PREACHER CURL**

Sit on the seat and hold your arms on the seat. Hold the bar with both hands. Extend your right arm and place your right hand on the floor. Extend your left arm and place your left hand on the floor. Return to the starting position.

Muscles affected: B, L

**11 LEG PRESS**

Sit on the seat and place your feet on the floor. Hold the handles with your hands. Extend your legs until your legs are fully extended. Do not rock your knees. Return to the starting position.

Muscles affected: M, L, M, M

**12 LEG EXTENSION**

Sit on the seat and position your feet under the pads on the leg extension. Place your hands on the handles. Extend your legs and straighten your arms. Return to the starting position.

Muscles affected: L, M

**13 LEG CURL**

Sit on the seat and position your feet under the pads on the leg curl. Hold the handles with your hands. Extend your legs behind your head. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Adjust the seat so the floor is flat. Lie on your back with your legs bent and feet on the floor. Extend your arms above your head. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

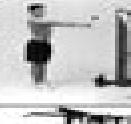
Adjust the seat so the floor is flat. Lie on your back with your legs bent and feet on the floor. Extend your arms straight. Keep your back straight. Extend your arms forward. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Extend your left arm to the floor. Hold the handles with an overhand grip. Extend your right arm and place your right hand on the floor. Extend your right arm. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Adjust the seat so the floor is flat. Hold the handles, extend your arms. Hold the handles with your left arm and extend your right arm. Extend your right arm. Return to the starting position.

Muscles affected: C, M, P, M

**18 TRICEPS EXTENSION**

Adjust the seat so the floor is flat. Extend your arms and hold the handles with your right arm. Extend your left arm and hold the handles with your left arm. Return to the starting position.

Muscles affected: B, M

**19 CROSSOVER FLY**

Adjust the handles to the center. Extend your arms and hold the handles with your right arm. Extend your left arm and hold the handles with your left arm. Return to the starting position.

Muscles affected: B, L, M, B

**20 BACK EXTENSION**

Adjust the seat so the floor is flat. Hold the bar with both hands. Extend your right arm and place your right hand on the floor. Extend your left arm and place your left hand on the floor. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Adjust the seat so the floor is flat. Extend your arms and hold the handles with your hands. Extend your legs and place your feet on the floor. Keep your back straight. Keeping your arms straight and back straight, bend your head up. Return to the starting position.

Muscles affected: L, M, T, M, M

**22 SHOE SWING**

Adjust the handles to the floor. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your legs and place your feet on the floor. Return to the starting position.

Muscles affected: C, L, M

**23 SHOULDER SHRUG**

Adjust the seat so the floor is flat. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your arms straight. Keeping your arms straight, shrug your shoulders. Return to the starting position.

Muscles affected: L, C, P

**24 OVERHEAD EXTENSION**

Adjust the handles to the floor. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your arms straight. Keeping your arms straight, lift your hands over your head. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Adjust the handles to the floor. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your arms straight. Keeping your arms straight, curl your arms forward. Return to the starting position.

Muscles affected: C, M

**26 FRONT RICKE**

Adjust the handles to the floor. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your arms straight. Keeping your arms straight, bring your arms forward. Return to the starting position.

Muscles affected: P, C, M, P

**27 REEL ROCK**

Adjust the handles to the floor. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your arms straight. Keeping your arms straight, bring your arms forward. Return to the starting position.

Muscles affected: L, M, M

**28 HIP ADDUCTION**

Adjust the handles to the floor. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your arms straight. Keeping your arms straight, bring your legs together. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTOR**

Adjust the handles to the floor. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your arms straight. Keeping your arms straight, bring your legs apart. Return to the starting position.

Muscles affected: L, M

**30 STEAMING CURL**

Adjust the seat so the floor is flat. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your arms straight. Keeping your arms straight, bring your arms forward. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Adjust the handles to the floor. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles to the sides until your arms are straight. Return to the starting position.

Muscles affected: L, C, D, C

**32 BENT LATERAL RAISE**

Adjust the handles to the floor. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles to the sides until your arms are straight. Return to the starting position.

Muscles affected: L, C, D, C

**33 FRONT RAISE**

Adjust the seat so the floor is flat. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your arms straight. Keeping your arms straight, bring your arms forward. Return to the starting position.

Muscles affected: L, P, M

**34 UPRIGHT ROW**

Adjust the seat so the floor is flat. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your arms straight. Keeping your arms straight, bring your arms forward. Return to the starting position.

Muscles affected: C, L, S, L, D, P, M, C

**35 BENT ROW**

Adjust the seat so the floor is flat. Extend your arms straight. Extend your legs and place your feet on the floor. Hold the handles with your hands. Extend your arms straight. Keeping your arms straight, bring your arms forward. Return to the starting position.

Muscles affected: C, L, S, P, M, C

**36 SEATED ROW**

Adjust the seat so the floor is flat. Sit on the floor and hold the bar with both hands. Extend your arms straight and bring your hands together. Return to the starting position.

Muscles affected: C, L, S, P, M, C, L, T

**MUSCLE CHART**

- A. Deltoid (front)
- B. Deltoid (lateral)
- C. Deltoid (posterior)
- D. Rectus (front)
- E. Rectus (lateral)
- F. Rectus (posterior)
- G. Biceps (front)
- H. Biceps (lateral)
- I. Biceps (posterior)
- J. Triceps (posterior)
- K. Triceps (lateral)
- L. Triceps (front)
- M. Abductor (inner thigh)
- N. Adductor (outer thigh)
- O. Gluteus (posterior)
- P. Gluteus (lateral)
- Q. Gluteus (front)
- R. Hamstrings (posterior)
- S. Hamstrings (lateral)
- T. Hamstrings (front)
- U. Adductor (outer thigh)
- V. Adductor (inner thigh)
- W. Gluteus (lateral)
- X. Gluteus (posterior)
- Y. Gluteus (front)
- Z. Adductor (inner thigh)

# Weider Pro Gym 8900 Workout Guide

**Ben Weider,Joe Weider,Daniel Gastelu**

## Weider Pro Gym 8900 Workout Guide:

**Shape** ,1995 *Road and Track* ,1993 **The Advertising Red Books** ,2005-04 *Sports Market Place* ,1991 The premier reference book for everything and everybody related to the sports industry *AT & T Toll-free National Directory* ,1996 *SRDS Consumer Magazine Advertising Source* ,1999 **One Minute to a Better Body** Muscle and Fitness,2003-03 If you have a minute you can improve how you train Using the easy to follow format of Muscle Elements of Your Workout Perfect Form Great Guns and a Six Pack Steel Wheels Heart Smarts Tools of the Trade Women in the Weight Room Whether you are a beginner or a professional you are sure to learn something to take your training to the next level

**Training Notebook** Weider Publications, LLC,2002 At last the complete fully illustrated guide to weight training exercises based on the popular Muscle Fitness column Training Notebook Now all in one place 74 of the best exercises ever with step by step directions for building a strong muscular physique This easy to follow format lets you choose from a variety of exercises for each bodypart from back and biceps to chest and calves You can now change up your training so you keep making gains while you hit your muscles from new angles every workout The Muscle Fitness Training Notebook provides detailed instruction on doing each movement correctly for maximum effectiveness and safety Special tips let you customize each exercise for your individual goals whether you want wider shoulders or stronger legs The training log lets you keep track of your sets reps and poundage along with your progress Color coded anatomy drawings show you the muscles in action with sports applications for each exercise listed Expand your exercise inventory with this essential guide The spiral bound format provides easy access for convenient use while you train **The Edge** Ben Weider,Joe Weider,Daniel Gastelu,2003 The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight training

*Training Tips and Routines* Joe Weider,1981-01-01 **The Home Workout Plan for Beginners** Dale L Roberts,2019-02-06 Workout at Home with this Exercise Program for BeginnersAre you ready to finally start working out but don t know where to begin Wouldn t it be nice to get a simple exercise program you can do from the comforts of your home Then The Home Workout Plan for Beginners has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources The Home Workout Plan for Beginners gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In The Home Workout Plan for Beginners you ll discover Why you don t have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don t have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results ASAP Stop hoping to get results by blindly

searching online for answers Get the right information on the best steps for a beginner s home workout plan right NOW Get Your Copy and Start Your NEW At Home Workout Routine TODAY [Joe Weider's Muscle and Fitness Training Notebook](#) Muscle & Fitness,2004-02-01 Built to capitalise on the exciting new design of Muscle and Fitness this edition allows you to store each new Training Notebook pullout in a high quality printed binder This special Collector s Edition works with each new issue of the magazine Remove the M F pullout in each month s Training Notebook section and add it to this binder Your training library will continue to grow The Training Notebook Collector s Edition provides detailed instructions on doing each movement correctly for maximum effectiveness and safety Special tips let you customise each exercise for your individual goals whether you want wider shoulders or stronger legs Colour coded anatomy drawings show you the muscles in action with sports applications for each exercise listed

**Cross-Training For Dummies** Tony Ryan,Martica Heaner,2011-06-15

Anyone can get into a fitness rut You could be exercising regularly but feeling unmotivated about your current routine Or you could be enjoying your workouts but not getting the results you really want You can even be on health club hiatus and looking for a way to get back into exercise mode Whatever your situation cross training is a practical solution Cross training is a well rounded way of approaching exercise It allows you to vary your workouts so you can inject a little excitement into your fitness routine while you receive better results out of your exercise plan If you have a real thirst for fitness knowledge then Cross Training For Dummies is for you Whether you just want to use cross training as a way to spice up a dull workout routine or you re looking to develop specific skills that will enhance your performance in a specific activity or sport this book can get you on track Cross Training For Dummies will keep you motivated interested strong and injury free as you strive to improve your level of fitness From savvy tips that ll turbo charge your workouts to great advice on weight lifting fitness activities and team sports this book has just what you need to advance to a higher level of fitness Cross Training For Dummies also covers topics that will help you to Assess your fitness level Set personalized exercise goals Have fun with individual and team sports Incorporate kickboxing Pilates spinning and other cutting edge workouts into you routine Understand the five elements of fitness Challenging your body to new fitness levels is hard work but the results are well worth it Cross Training For Dummies will help you understand how cross training works and show you how to put together a well balanced training program that will keep you happy and healthy

[More Training Tips and Routines](#) Joe Weider,1982

Successful bodybuilders offer weight training tips and describe specific routines for developing the chest biceps back and legs

**DIY Exercises and Routines** Amedeo Boyle,2020-12-11 Do It Yourself Exercises and Routines Book is the ultimate

guide for anyone who wants to stay fit and active especially while at home and without any equipment You can stay at home and not have to worry about going to the gym or purchasing any equipment The book contains several workout routines with different difficulty levels beginner intermediate and advanced The routines empower you to gain control and improve your fitness level while having fun at the same time The variety of routines is very rich and you can flip through the book to pick a

number of workouts that suit your body type and workout at your own pace With this book Staying Active Being Fit and Body weight Exercises even while indoor Quarantine Lock down or Social Distancing has never been so easy Effective for Quarantine Workouts Exercises for all fitness levels Anywhere and Anytime without any Special Equipment *The Best of Joe Weider's Muscle & Fitness* Joe Weider,1982 *Adnutrix Resistance Bands Workout Guide* Adnutrix Creation,2021-02-07

Do you have a new resistance band and can t seem to get a hang of it And are looking for exercises workouts to do with it at home to lose weight and tone every part of your body without feeling like you are trying too hard or spending too much time at the gym If you ve answered YES Let This Book Hold You By The Hand As You Leverage The Power Of Adnutrix Resistance Bands Or Any Other Resistance Band To Target Different Parts Of Your Body To Achieve That Well Toned Look and track your daily workout More and more people are realizing that you don t really need to spend hours at the gym or spend too much money on expensive gym memberships when they could leverage their body weight coupled with resistance bands to bring about the same effects that a gym would bring If you ve recently purchased or are considering purchasing resistance bands to achieve different fitness and weight loss goals it makes sense that you are looking for a guide that will hold you by the hand throughout the process show you how to set up your resistance band for different exercises and exactly the exercises to perform Perhaps you are here looking for answers to all the questions in your mind Where do you begin now that you have a resistance band How do you use items around your home to set up your resistance band to target different body parts What exercises can you do How do you make your workouts effective to get the most out of your workouts If you have these and other related questions this book is for you as it will address all these and more More precisely you will learn How to warm up well before every session A collection of quick start movements and full body workout to help you build muscles and blast fat until you get your desired body Each exercise is specifically customized for a certain group of muscles Clear step by step instructions on how to perform each of the exercises Clear pictures to illustrate how to perform each exercise Some training points to help you with your workout routine An easy to use tracker that you can use to keep a log of what you ve done and achieved in every session And much more Even if you ve never used a resistance band before this book will be all you need for all your resistance band workout needs *Weight Training For Dummies* Liz Neporent,Suzanne

Schlosberg,Shirley J. Archer,2006-03-06 A properly executed strength or weight lifting regimen can lower your blood pressure and cholesterol levels stabilize your blood sugar reduce the risk of heart disease increase your strength and more Weight Training For Dummies Third Edition is packed with all the information you need to start your own personalized weight training program and get yourself into peak condition fast You ll find out about Circuit and resistance training 20 minute weight training routines The newest and best weight training equipment Combining weight training with other exercise Gender differences in weight training goals and routines Specific approaches for baby boomers and seniors just starting out Using weight training to address specific health conditions Preventing injuries Weight training for children and

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