

1 CHEST PRESS



Muscles affected: P, L, S

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, C, W

3 CHEST FLY



Muscles affected: P, L

4 BENT LATERAL RAISE



Muscles affected: P, L, S

5 LATERAL RAISE



Muscles affected: G, D, P

6 SINGLE ARM PREACHER CURL



Muscles affected: C, E

7 TRICEPS KICKBACK



Muscles affected: W

8 UPRIGHT ROW



Muscles affected: C, E, L, G, K

9 STANDING ROW



Muscles affected: C, E, G, R, S, T

10 BICEPS CURL



Muscles affected: C, E

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: W

12 STANDING CURL



Muscles affected: C, E

13 TRICEPS PUSH-DOWN



Muscles affected: C, E

14 STIFF ARM PULL-DOWN



Muscles affected: E, R, S

15 LAT PULL-DOWN



Muscles affected: C, E, R, S

16 BENT ROW



Muscles affected: E, G, R, S

17 CALF RAISE



Muscles affected: K, E

18 BICEPS-TRICEPS COMBO



Muscles affected: C, E

19 HIP FLEXION



Muscles affected: P, L, S

20 LEG EXTENSION



Muscles affected: W

21 LEG CURL



Muscles affected: V, W

22 ABDUCTION/ADDUCTION



Muscles affected: G, D, L, N

23 HEEL KICK



Muscles affected: W, L, V, W

24 SHOULDER RAISE



Muscles affected: L

25 PREACHER CURL



Muscles affected: C, E

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



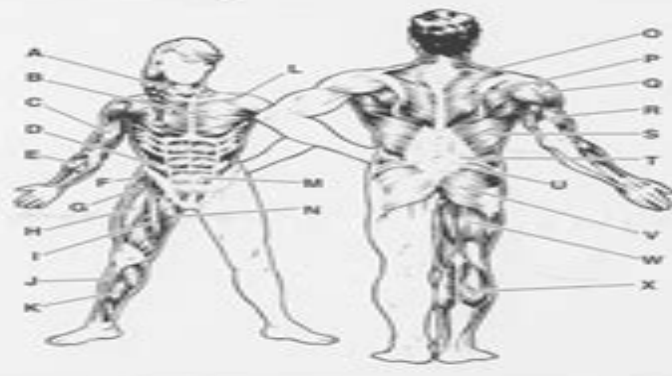
Muscles affected: D, W

28 SHOULDER SHRUG



Muscles affected: G, P

MUSCLE CHART



⚠ WARNING: Read the instruction information and safety precautions in the user's manual before exercising.

The exercises shown can be performed with WEIDER® weight systems. However, you may not be able to perform all exercises with your model. For best results, consult your dealer or representative for more information. Use proper technique and posture to prevent injury. Do not perform any exercise if you are injured or have any medical condition.

⚠ AVISO: Lea la información de seguridad e instrucciones de seguridad en el manual del usuario antes de hacer ejercicio.

Los ejercicios que se muestran en este manual pueden ser realizados con los sistemas de pesas WEIDER®. Sin embargo, puede que no pueda realizar todos los ejercicios con su modelo. Para los mejores resultados, consulte a su representante o a su distribuidor. Use la técnica correcta y la postura adecuada para prevenir lesiones. No realice ningún ejercicio si está lesionado o si tiene alguna condición médica.

⚠ WARNUNG: Bitte lesen Sie die Trainingsanweisungen und Sicherheitsvorschriften des Benutzershandbuchs, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können mit WEIDER® Gewichtsübungsgeräten durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein bestimmtes Übung mit Ihrem Trainingsmodell nicht durchführen können. Für die besten Ergebnisse, konsultieren Sie Ihren Händler oder Vertreter. Verwenden Sie die richtige Technik und die korrekte Körperhaltung, um Verletzungen zu vermeiden. Führen Sie keine Übung aus, wenn Sie verletzt sind oder eine medizinische Erkrankung haben.

⚠ AVERTISSEMENT: Veuillez lire attentivement les instructions de l'utilisateur avant d'exercer. Le respect de la sécurité est primordial.

Les exercices indiqués peuvent être réalisés avec les systèmes de poids WEIDER®. Cependant, vous ne pouvez pas réaliser tous les exercices avec votre modèle. Pour de meilleurs résultats, consultez votre représentant ou votre distributeur. Utilisez la technique et la posture adéquates pour prévenir les blessures. Ne faites aucun exercice si vous êtes blessé ou si vous avez une condition médicale.

⚠ AVVERTENZA: Leggere le istruzioni dell'utente attentamente prima di esercitare. La sicurezza è la priorità.

Gli esercizi indicati possono essere realizzati con gli sistemi di pesatura WEIDER®. Tuttavia, potrebbe non essere in grado di eseguire tutti gli esercizi con il vostro modello. Per i migliori risultati, consultare il vostro rappresentante o il vostro distributore. Usare la tecnica e la postura corrette per prevenire lesioni. Non eseguire alcun esercizio se siete feriti o se avete una condizione medica.

Weider Pro Exercise Guide

Daniel F McAuley



Weider Pro Exercise Guide:

Dr. Gallagher's Guide to 21st Century Medicine Atlas Publishing Company, Martin P. Gallagher, 1997-08 *Consumer Buying Guide 2000* Consumer Guide Editors, 2000-02 *Ultimate Core Ball Workout* Jeanine Detz, 2005-06 Transform your core muscles with unstable workouts using the exercise ball with this revolutionary fitness book from author Jeanine Detz From shapely abs to the Pilates Powerhouse core strengthening has become the main focus for today's exercise enthusiasts Now *Ultimate Core Ball Workout* takes core training to a higher level with its on the ball variations of traditional mat exercises The unique benefits of ball training enable the program in *Ultimate Core Ball Workout* to produce better results in less time Any crunch will work the abs but this book's crunch on the ball simultaneously engages the stabilizing muscles of the abdomen and lower body working more muscle and producing a more sculpted midsection faster The exercises outlined in this book are suitable for all levels from beginner to fitness professional and the photo sequences and clearly written captions teach proper techniques Offering more than just good looking abs the program in *Ultimate Core Ball Workout* produces numerous health and fitness benefits including a stronger more supportive back improved posture better performance in sports and even more enjoyable sex Plus each exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time **The EBay Price Guide** Julia L. Wilkinson, 2006 Provides lists of selling prices of items found on eBay in such categories as antiques boats books cameras coins collectibles dolls DVDs real estate stamps tickets and video games **Playgirl**, 1975 Subject Guide to Books in Print, 2001 **Video Source Book** Gale Group, 1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Shape**, 1996 **Exercise Physiology** Stanley P. Brown, Wayne C. Miller, Jane M. Eason, 2006 Bridging the gap between exercise physiology principles and clinical practice this text provides comprehensive coverage of both traditional basic science and clinical exercise physiology principles The book presents clinical applications and examples that connect theory to practice More than 500 full color illustrations and numerous graphs and tables complement the text Reader friendly features including Perspective Boxes Research Highlights Biography Boxes and Case Studies engage readers and reinforce key concepts A bonus three dimensional interactive anatomy CD ROM from Primal Pictures and a Student Resource CD ROM accompany the book LiveAdvise online faculty support and student tutoring services are available free with the text *Best Buy Book 2000* Consumer Guide, Consumer Guide Editors, 2000-03 Expert product evaluations and price analyses lead readers through the maze of merchandise to find the best buys on everything from computers and cameras to vacuum cleaners and bread machines Included are valuable facts features prices reviews tips and best budget buys for 465 products 150 photos *I Love Boston Guide* Marilyn J. Appleberg, 1987 *Willing's Press Guide*, 2003 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of

the Guide to require publication in parts **Esquire** ,1994 *Medical and Health Information Directory, Vol. 2* Gale,Gale Group,2004-09 Let's Get Physical Danielle Friedman,2022-01-04 A captivating blend of reportage and personal narrative that explores the untold history of women s exercise culture from jogging and Jazzercise to Jane Fonda and how women have parlayed physical strength into other forms of power For American women today working out is as accepted as it is expected fueling a multibillion dollar fitness industrial complex But it wasn t always this way For much of the twentieth century sweating was considered unladylike and girls grew up believing physical exertion would cause their uterus to literally fall out It was only in the sixties that thanks to a few forward thinking fitness pioneers women began to move en masse In *Let s Get Physical* journalist Danielle Friedman reveals the fascinating hidden history of contemporary women s fitness culture chronicling in vivid cinematic prose how exercise evolved from a beauty tool pitched almost exclusively as a way to reduce into one millions have harnessed as a path to mental emotional and physical well being *Let s Get Physical* reclaims these forgotten origin stories and shines a spotlight on the trailblazers who led the way Each chapter uncovers the birth of a fitness movement that laid the foundation for working out today the radical post war pitch for women to break a sweat in their living rooms the invention of barre in the Swinging Sixties the promise of jogging as liberation in the seventies the meteoric rise of aerobics and weight training in the eighties the explosion of yoga in the nineties and the ongoing push for a more socially inclusive fitness culture one that celebrates every body Ultimately it tells the story of how women discovered the joy of physical strength and competence and how by moving together to transform fitness from a privilege into a right we can create a more powerful sisterhood Joe Weider's Ultimate Bodybuilding Joe Weider,1999 *Career Opportunities in the Sports Industry, Third Edition* Shelly Field,2009 Praise for the previous edition This comprehensive updated edition is a necessary reference book for all interested in a career in sports ChoiceWith America s continued quest for health and fitness sports have become **Newsletter** ,1986 **Medical and Health Care Books and Serials in Print** ,1997 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1961 Includes Part 1 Number 1 2 Books and Pamphlets Including Serials and Contributions to Periodicals January December

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