

**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 until your legs are fully extended. Keeping your arms straight, fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**11 LEG PRESS**

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

Muscles affected: M, L, M, A

**12 LEG EXTENSION**

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

Muscles affected: M

**21 DEAD LIFT**

Attach the barbell to the bar handle. Stand with your feet shoulder-width apart and hold the handles with your hands. Keeping your arms straight, bend your legs and stand on your toes. Return to the starting position.

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

**31 LATERAL RAISE**

Attach a handle to the bar handle. Stand with your feet shoulder-width apart and hold the handles to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: L, H, C, C

**2 MILITARY PRESS**

Attach the bar system to the bar handle. Sit on the seat and press the handles together. Extend your arms straight, fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and place your arms on the butterfly arms as shown. Press the butterfly arms toward each other until the pads touch. Return to the starting position.

Muscles affected: B, S

**4 CALF RAISE**

Hold the handles with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise up on your toes. Do not let your knee go. Return to the starting position.

Muscles affected: H, M

**5 SQUAT**

Hold the handles with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise up on your toes. Do not let your knee go. Return to the starting position.

Muscles affected: H, L, M, M

**6 ALTERNATE LEG RAISE**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position. Alternate legs with each rep.

Muscles affected: B, F, M

**7 VERTICAL KNEE RAISE**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position. Alternate legs with each rep.

Muscles affected: F, M

**8 ASSISTED DIP**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles as shown. Lower your body until your arms are straight and your chin is level with your chest. 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 pad. Hold the bar bar with one hand. Extend your right leg and extend back on your right. Return to the starting position.

Muscles affected: H, L, S

**22 SHOE SHINE**

Attach the barbell to the bar handle. Stand with your arms extended and hold the handles to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: D, C, M

**23 SHOULDER SHRUG**

Attach the barbell to the bar handle. Stand with your arms extended and hold the handles to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: E, L, C, P

**24 OVERHEAD EXTENSION**

Attach the barbell to the bar handle. Stand with your arms extended and hold the handles to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: H, L, M, M

**25 ISOLATION CURL**

Attach the handle to the bar handle. Stand with your arms extended and hold the handle to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: H, C

**26 FRONT RAISE**

Attach the pulley cable to the bar handle. Stand with your arms extended and hold the handles to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: H, C, M, P, F

**27 REEL ROCK**

Attach the pulley cable to the bar handle. Stand with your arms extended and hold the handles to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: H, M, M, M

**28 HIP ADDUCTION**

Attach the cable handle to the bar handle. Stand with your arms extended and hold the cable handle to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: L, H

**29 HIP ADDUCTIVE THIGH**

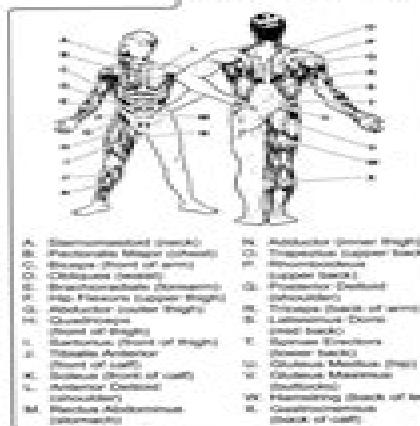
Attach the cable handle to the bar handle. Stand with your arms extended and hold the cable handle to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: H, M

**30 STANDING CURL**

Attach the barbell to the bar handle. Stand with your arms extended and hold the handles to the sides until your hands are level with your shoulders. Return to the starting position. Do every two seconds. Return to the starting position.

Muscles affected: C, H

**MUSCLE CHART**

**! WARNING:** Before beginning any exercise program, consult your physician. This is especially important for anyone over the age of 30 or for anyone who has previously suffered from heart disease. Do not use this equipment for exercise or competition through resistance training for ten minutes or more at a time.

**IMPORTANT:** This power system is designed for resistance training and the performance of **WEIDER** weight system exercises. Make sure your weight system exercises are safe and do not exceed the weight limit of the machine. The machine may not be able to perform all of the exercises shown. Refer to your owner's manual for additional exercise information.

# Weider Crossbow Exercise Guide

**Jay Dawes**

## Weider Crossbow Exercise Guide:

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[Complete Guide to TRX Suspension Training](#) Jay Dawes, 2017 Complete Guide to TRX Suspension Training is the ultimate training guide Designed to develop strength power core stability flexibility and balance this guide explains and presents more than 115 of the most effective Suspension Training exercises With over 30 ready to use programs variations and training advice this is a must have for anyone seeking to maximize their workout and their results

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