

**1 BENCH PRESS**

Sit on the seat and hold the handles with your hands. Extend your legs straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY SPREADS**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Keep your arms straight. Return to the starting position.

Muscles affected: L, L, M

**3 BICEPS CURL**

Sit on the seat and hold the handles with your hands. Extend your legs straight. Extend your arms straight. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Stand with your feet on the floor plates. Keep your arms straight. Return to the starting position.

Muscles affected: M, M

**5 SQUAT**

Stand with your feet on the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: P, L, M

**6 ALTERNATE LEG RAISE**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Extend your arms straight. Return to the starting position.

Muscles affected: B, L, M

**7 VERTICAL KNEE RAISE**

Attach the system to the floor plates.

Extend your arms straight. Return to the starting position.

Muscles affected: P, M

**8 AUSTRIAN SHP**

Attach the system to the floor plates. Extend your arms straight. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles with your hands. Lower your body. Pull your arms and legs straight. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms out to the sides. Hold the bar with an overhand grip. Extend your arms straight. Return to the starting position.

Muscles affected: B, L

**11 LEG PRESS**

Sit on the seat and place your feet on the floor plates. Extend your legs straight. Return to the starting position.

Muscles affected: M, L, M, B

**12 LEG EXTENSION**

Sit on the seat and place your feet under the floor plates. Extend your legs straight. Return to the starting position.

Muscles affected: L, M

**13 LEG CURL**

Sit on the seat and place your feet under the floor plates. Extend your legs straight. Return to the starting position.

Muscles affected: B, M

**14 ABS CRUNCH**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESSDOWN**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: C, B, M, B

**18 TRICEPS EXTENSION**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, M

**19 CROSSEOVER FLY**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, L, M, B

**20 BACK EXTENSION**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L

**21 DEAD LIFT**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

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

**22 SHOE SWING**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, L, M

**23 SHOULDER SHRUG**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, L, P, M

**24 OVERHEAD EXTENSION**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, M

**25 ISOLATION CURL**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M

**26 FRONT RAISE**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, M

**27 KNEEL ROCK**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, M, M

**28 HIP ADDUCTION**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M

**29 HIP ABDUCTION**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M

**30 SQUAT ROW**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: C, B

**31 STANDING CURL**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: C, B

**32 LATERAL RAISE**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, C, D

**33 BENT LATERAL RAISE**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, C, D

**34 FRONT RAISE**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, P, M

**35 UPRIGHT ROW**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

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

**36 BENT ROW**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

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

**37 SQUAT ROW**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

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



**! WARNING:** Before beginning any resistance program, consult your physician. This is especially important for anyone over the age of 35, for pregnant or nursing women, for those with pre-existing medical conditions, for those recovering from surgery, and for those using medications.

**IMPORTANT:** This power system is designed for resistance training that uses the pre-stressed weight resistance weight system. Make sure your weight system uses the correct weight system and that your weight system is not pre-stressed. This power system may not be able to support all of the exercises shown. Make sure you're wearing light clothing to prevent overheating.

# Weider Power Guide Chart

**Rachel S Tattersall**

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