

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



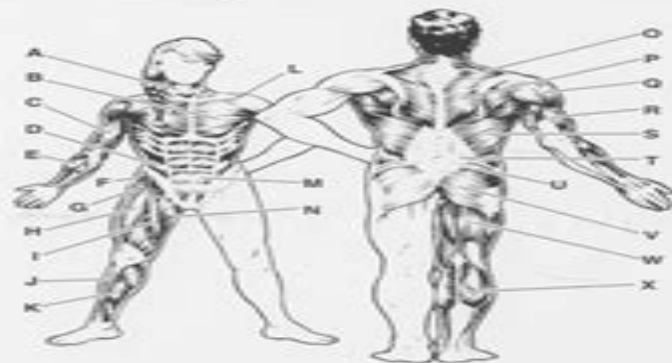
Muscles affected: D, W

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 to prevent injury. Do not perform any exercise if you are injured or have any medical condition. For safety reasons.

⚠ 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 para prevenir lesiones. No realice ningún ejercicio si tiene alguna lesión o condición médica. Por razones de seguridad.

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

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Weider Pro Exercise Chart

Laila Nambuppha

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