

**1 BENCH PRESS**

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

Muscles affected: B, L, M

**2 MILITARY PRESS**

Adjust the system so it rests on the handles. Sit on the seat and grip the handles with your hands. Attach the weight selector to the weight stack. Extend, flex, and return your arms. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and extend your arms. Use the butterfly arms to spread them. Then use the butterfly arms to bring them closer until they touch. Return. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your knees and your ankles straight and your feet flat on the floor. Return to the starting position.

Muscles affected: L, M

**5 SQUAT**

Hold the handles with an overhand grip. Extend your legs and your arms. Return to the starting position. Return to the starting position. Return to the starting position.

Muscles affected: P, L, M, M

**6 ALTERNATE LEG RAISE**

Adjust the weight selector with your hands so that it rests on the floor. Extend your arms supporting your weight. Hold the handles with your hands. Lift your right leg straight up. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, P, M

**7 VERTICAL KNEE RAISE**

Adjust the weight selector with your hands so that it rests on the floor. Extend your arms supporting your weight. Hold the handles with your hands. Lift your right knee up and hold it. Return to the starting position.

Muscles affected: P, M

**8 ASSISTED DIP**

Hold the handles with an overhand grip. Extend the left leg and the right leg. Extend your arms supporting your weight. Return to the starting position. Return to the starting position.

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

**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 rest your arms on the seat. Hold the bar with both hands. Extend your right arm and your left arm. Return to the starting position. Return to the starting position.

Muscles affected: C, L, M

**11 LEG PRESS**

Sit on the seat and place your feet on the floor. Attach the weight selector to the weight stack. Hold your feet 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 straight and strong. Return to the starting position.

Muscles affected: L, M

**13 LEG CURL**

Sit on the seat with your legs extended. Wrap one of your legs on the leg curl. Wrap the other leg around the bending leg. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Adjust the sit-ups so the sit-ups are straight. Extend your legs and your arms. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Adjust the sit-ups so the sit-ups are straight. Extend your legs and your arms. Return to the starting position. Return to the starting position. Return to the starting position. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar bar to the leg cables. Hold the bar bar with an overhand grip. Extend your legs and your arms. Return to the starting position. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Adjust the lat pull bar to the leg cables. Hold the lat pull bar with your arms straight and your legs straight. Return to the starting position.

Muscles affected: C, L, P, M

**18 TRICEPS EXTENSION**

Adjust the sit-ups so the sit-ups are straight. Extend your legs and your arms. Return to the starting position. Return to the starting position.

Muscles affected: B, M

**19 CROSSOVER FLY**

Adjust the handles to the crossover position. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: B, L, M, B

**20 BACK EXTENSION**

Adjust the sit-ups so the sit-ups are straight. Hold the bar with both hands. Extend your right arm and your left arm. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Adjust the sit-ups so the sit-ups are straight. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

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

**22 SHOE SWING**

Adjust the handles to the leg cables. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: C, L, M

**23 SHOULDER SHRUG**

Adjust the sit-ups so the sit-ups are straight. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: L, C, P

**24 OVERHEAD EXTENSION**

Adjust the handles to the leg cables. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Adjust the handles to the leg cables. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: C, M

**26 FRONT RICKE**

Adjust the pulley strap to the knee cables. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: P, C, M, P

**27 REEL ROCK**

Adjust the pulley strap to the knee cables. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: L, M, M

**28 HIP ADDUCTION**

Adjust the sit-ups so the sit-ups are straight. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTOR**

Adjust the sit-ups so the sit-ups are straight. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: L, M

**30 STEAMING CURL**

Adjust the sit-ups so the sit-ups are straight. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Adjust the handles to the leg cables. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: L, C, D, C

**32 BENT LATERAL RAISE**

Adjust the handles to the leg cables. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: L, C, D, C

**33 FRONT RAISE**

Adjust the sit-ups so the sit-ups are straight. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

Muscles affected: L, P, M

**34 UPRIGHT ROW**

Adjust the sit-ups so the sit-ups are straight. Extend your arms and hold the handles. Extend your legs and your arms. Return to the starting position.

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

**35 BENT ROW**

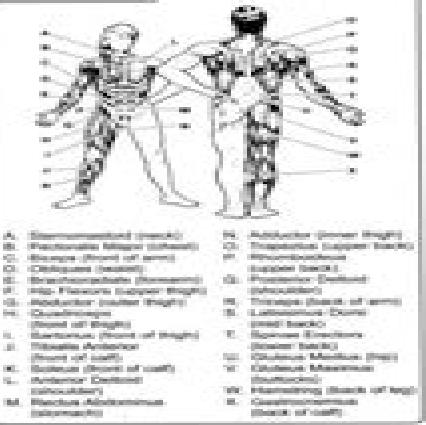
Adjust the handles to the leg cables. Set on the floor and hold the floor with your right hand. Extend your legs and your arms. Return to the starting position.

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

**36 SQUAT ROW**

Adjust the squat bar to the leg cables. Set on the floor and hold the floor with your right hand. Extend your legs and your arms. Return to the starting position.

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

**MUSCLE CHART**

**! WARNING:** Before beginning any resistance program, consult your physician. This is especially important for anyone over the age of 35 or for anyone with pre-existing medical conditions. DO NOT use this equipment for strenuous exercise without a thorough knowledge of the use of your weight system.

**IMPORTANT:** This power system is designed for resistance training and is not intended for aerobic exercise. Make sure that your weight system does not exceed the weight limit of the machine. Please use caution when performing all of the exercises shown. Make sure your weight system is set to the correct weight.

# Weider Pro Gym 8900 Workout Guide

**Universal Gym Equipment**

## 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

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**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

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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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## **Table of Contents Weider Pro Gym 8900 Workout Guide**

1. Understanding the eBook Weider Pro Gym 8900 Workout Guide
  - The Rise of Digital Reading Weider Pro Gym 8900 Workout Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Weider Pro Gym 8900 Workout Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Weider Pro Gym 8900 Workout Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Weider Pro Gym 8900 Workout Guide

- Personalized Recommendations
- Weider Pro Gym 8900 Workout Guide User Reviews and Ratings
- Weider Pro Gym 8900 Workout Guide and Bestseller Lists

5. Accessing Weider Pro Gym 8900 Workout Guide Free and Paid eBooks
  - Weider Pro Gym 8900 Workout Guide Public Domain eBooks
  - Weider Pro Gym 8900 Workout Guide eBook Subscription Services
  - Weider Pro Gym 8900 Workout Guide Budget-Friendly Options
6. Navigating Weider Pro Gym 8900 Workout Guide eBook Formats
  - ePUB, PDF, MOBI, and More
  - Weider Pro Gym 8900 Workout Guide Compatibility with Devices
  - Weider Pro Gym 8900 Workout Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Weider Pro Gym 8900 Workout Guide
  - Highlighting and Note-Taking Weider Pro Gym 8900 Workout Guide
  - Interactive Elements Weider Pro Gym 8900 Workout Guide
8. Staying Engaged with Weider Pro Gym 8900 Workout Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Weider Pro Gym 8900 Workout Guide
9. Balancing eBooks and Physical Books Weider Pro Gym 8900 Workout Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Weider Pro Gym 8900 Workout Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Weider Pro Gym 8900 Workout Guide
  - Setting Reading Goals Weider Pro Gym 8900 Workout Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Weider Pro Gym 8900 Workout Guide

- Fact-Checking eBook Content of Weider Pro Gym 8900 Workout Guide
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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