

1 CHEST PRESS



Muscles affected: A, L, W

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, O, R

3 CHEST FLY



Muscles affected: A, L

4 BENT LATERAL RAISE



Muscles affected: P, Q, S

5 LATERAL RAISE



Muscles affected: O, Q, P

6 SINGLE ARM PREACHER CURL



Muscles affected: C, E

7 TRICEPS KICKBACK



Muscles affected: M

8 UPRIGHT ROW



Muscles affected: C, E, L, Q, P, S

9 STANDING ROW



Muscles affected: C, E, Q, P, S, T

10 BICEPS CURL



Muscles affected: C, E

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: M

12 STANDING CURL



Muscles affected: C, E

13 TRICEPS PUSH-DOWN



Muscles affected: E, M

14 STIFF ARM PULL-DOWN



Muscles affected: E, P, S, S

15 LAT PULL-DOWN



Muscles affected: C, E, P, S

16 BENT ROW



Muscles affected: C, O, P, S

17 CALF RAISE



Muscles affected: K, N

18 BICEPS-TRICEPS COMBO



Muscles affected: C, E

19 HIP FLEXION



Muscles affected: P, L, V

20 LEG EXTENSION



Muscles affected: M

21 LEG CURL



Muscles affected: V, W

22 ABDUCTION-ADDUCTION



Muscles affected: G, Q, P, S, M

23 HEEL KICK



Muscles affected: K, 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



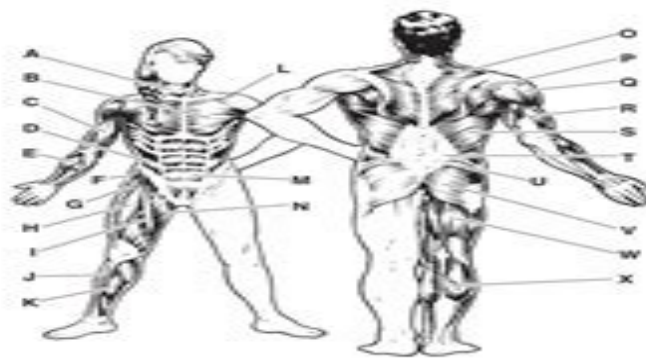
Muscles affected: C, M

28 SHOULDER SHRUG



Muscles affected: Q, P

MUSCLE CHART



WARNING: Read the exercise information and safety instructions in the user's manual before exercising.

The exercises shown can be performed with WEIDER® weight systems, however, only they can be used to perform all exercises with total safety. The best results, however, come from the proper photographic exercise posture and safety instructions for each exercise.

AVISO: Lea la información de advertencia y de seguridad en el manual del usuario antes de hacer ejercicio.

Los ejercicios que se muestran se pueden desarrollar con el sistema de pesas WEIDER®. Sin embargo, sólo se pueden con este sistema desarrollar todos los ejercicios con la máxima seguridad. Los mejores resultados se consiguen con la correcta postura y las instrucciones de seguridad para cada ejercicio.

WARNING: Bitte lesen Sie die Trainings- und Sicherheitsanweisungen im Benutzerhandbuch, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können mit WEIDER®-Gewichtssystemen durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein Verletzungsrisiko unter falscher Übungsausführung bestehen. Für die besten Ergebnisse ist die richtige Übungsausführung und die korrekte Sportplatzierung. Bitte lesen Sie das Benutzerhandbuch, bevor Sie mit dem Training beginnen.

AVVERTISSEMENT: Veuillez lire attentivement les instructions de mise en garde et de sécurité avant d'effectuer les exercices de musculation.

Les exercices indiqués peuvent être réalisés avec le système de musculation WEIDER®. Cependant, il est possible qu'il y ait un risque de blessure sous une mauvaise exécution. Pour de bons résultats, il est important d'utiliser la bonne posture et les instructions de sécurité.

AVVERTENZA: Leggere le informazioni di sicurezza e le avvertenze di sicurezza nel manuale di istruzioni prima di allenarsi.

Gli esercizi indicati possono essere eseguiti con il sistema di pesa WEIDER®. Tuttavia, esiste il rischio di lesioni in caso di esecuzione non corretta. Per i migliori risultati, è importante utilizzare la buona postura e le istruzioni di sicurezza.

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M Tight



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