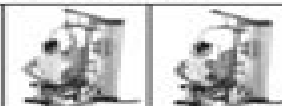


1 CHEST PRESS



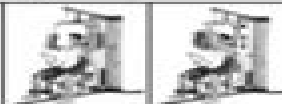
Muscles affected: P, M, A

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, M, B

3 CHEST FLY



Muscles affected: P, M

4 BENT LATERAL RAISE



Muscles affected: M, B, H

5 LATERAL RAISE



Muscles affected: M, B, H

6 SINGLE ARM PREACHER CURL



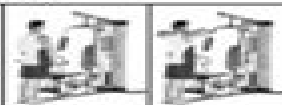
Muscles affected: M, B

7 TRICEPS KICKBACK



Muscles affected: M

8 UPRIGHT ROW



Muscles affected: M, C, L, B, H

9 STANDING ROW

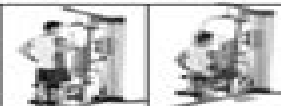


10 BICEPS CURL



Muscles affected: M, B

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: M

12 STANDING CURL



Muscles affected: M, B

13 TRICEPS PUSH-DOWN



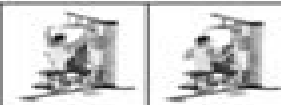
Muscles affected: M, B

14 STIFF ARM PULL-DOWN



Muscles affected: M, B, H, B

15 LAT PULL-DOWN



Muscles affected: M, B, H, B

16 BENT ROW



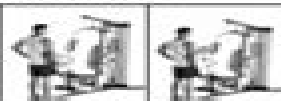
Muscles affected: M, B, H, B

17 CALF RAISE



Muscles affected: M, B

18 BICEPS-TRICEPS COMBO

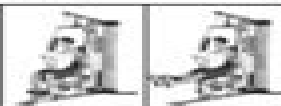


19 HIP FLEXION



Muscles affected: M, B, H

20 LEG EXTENSION



Muscles affected: M

21 LEG CURL



Muscles affected: M, B

22 ABDUCTION/ADDUCTION



Muscles affected: M, B, H, B

23 HEEL ROCK



Muscles affected: M, B, H, B

24 SHOULDER RAISE



Muscles affected: M, B

25 PREACHER CURL



Muscles affected: M, B

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



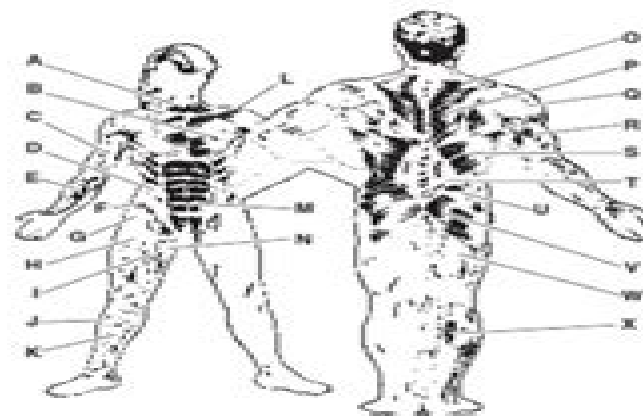
Muscles affected: M, B

28 SHOULDER SHRUG



Muscles affected: M, B

MUSCLE CHART



Weider Home Gym Systems Exercise Guide

Joe Weider



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