

## 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



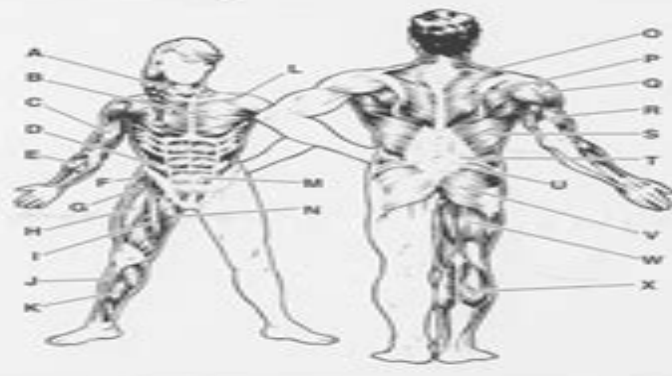
Muscles affected: G, W

## 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<sup>®</sup> weight systems. However, you may not be able to perform all exercises with your model. For best results, consult your instructor. Photographs show the correct starting or ending position for each exercise.

**⚠ AVISO:** Lea la información de seguridad e instrucciones de seguridad en el manual del usuario antes de hacer ejercicio.

Los ejercicios que se muestran se pueden hacer con el sistema de pesas WEIDER<sup>®</sup>. Sin embargo, puede ser posible que no pueda hacer todos los ejercicios con su modelo. Para los mejores resultados, consulte con su instructor. Las fotografías muestran la posición correcta para el inicio y el final de cada ejercicio.

**⚠ WARNUNG:** Bitte lesen Sie die Trainingsanweisungen und Sicherheitsvorschriften des Benutzershandbuchs, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können mit WEIDER<sup>®</sup> Gewichtsübungs-Systemen durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein bestimmtes Übung nicht mit Ihrem Trainingsmodell ausführen können. Für die besten Ergebnisse ist es wichtig, mit dem Trainer zusammenzuarbeiten. Die Fotografien zeigen die korrekte Start- und Endposition für die einzelnen Übungen.

**⚠ AVERTISSEMENT:** Veuillez lire attentivement les instructions de l'utilisateur avant d'exécuter les exercices de musculation.

Les exercices indiqués peuvent être exécutés avec le système de poids WEIDER<sup>®</sup>. Cependant, vous ne pouvez pas tous les exécuter avec votre modèle. Pour les meilleurs résultats, consultez votre instructeur. Les photographies montrent la position correcte au début et à la fin de chaque exercice pour chaque mouvement.

**⚠ AVVERTENZA:** Leggere le istruzioni dell'utente attentamente e le precauzioni di sicurezza prima di cominciare gli esercizi.

Gli esercizi indicati possono essere eseguiti con il sistema di pesatura WEIDER<sup>®</sup>. Tuttavia, potrebbe non essere in grado di eseguire tutti gli esercizi con il vostro modello. Per i migliori risultati, consultare l'istruttore. Le fotografie mostrano la posizione di inizio e fine corretta per ciascun esercizio.

# Weider Pro Exercise Guide

**Consumer Guide, Consumer Guide  
Editors**



## **Weider Pro Exercise Guide:**

Dr. Gallagher's Guide to 21st Century Medicine Atlas Publishing Company, Martin P. Gallagher, 1997-08     *Consumer Buying Guide 2000* Consumer Guide Editors, 2000-02     **Ultimate Core Ball Workout** Jeanine Detz, 2005-06 Transform your core muscles with unstable workouts using the exercise ball with this revolutionary fitness book from author Jeanine Detz From shapely abs to the Pilates Powerhouse core strengthening has become the main focus for today's exercise enthusiasts Now Ultimate Core Ball Workout takes core training to a higher level with its on the ball variations of traditional mat exercises The unique benefits of ball training enable the program in Ultimate Core Ball Workout to produce better results in less time Any crunch will work the abs but this book's crunch on the ball simultaneously engages the stabilizing muscles of the abdomen and lower body working more muscle and producing a more sculpted midsection faster The exercises outlined in this book are suitable for all levels from beginner to fitness professional and the photo sequences and clearly written captions teach proper techniques Offering more than just good looking abs the program in Ultimate Core Ball Workout produces numerous health and fitness benefits including a stronger more supportive back improved posture better performance in sports and even more enjoyable sex Plus each exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time     The EBay Price Guide Julia L. Wilkinson, 2006 Provides lists of selling prices of items found on eBay in such categories as antiques boats books cameras coins collectibles dolls DVDs real estate stamps tickets and video games     *Playgirl*, 1975     *Subject Guide to Books in Print*, 2001     *Video Source Book* Gale Group, 1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction     **Shape**, 1996     Exercise Physiology Stanley P. Brown, Wayne C. Miller, Jane M. Eason, 2006 Bridging the gap between exercise physiology principles and clinical practice this text provides comprehensive coverage of both traditional basic science and clinical exercise physiology principles The book presents clinical applications and examples that connect theory to practice More than 500 full color illustrations and numerous graphs and tables complement the text Reader friendly features including Perspective Boxes Research Highlights Biography Boxes and Case Studies engage readers and reinforce key concepts A bonus three dimensional interactive anatomy CD ROM from Primal Pictures and a Student Resource CD ROM accompany the book LiveAdvise online faculty support and student tutoring services are available free with the text     **Best Buy Book 2000** Consumer Guide, Consumer Guide Editors, 2000-03 Expert product evaluations and price analyses lead readers through the maze of merchandise to find the best buys on everything from computers and cameras to vacuum cleaners and bread machines Included are valuable facts features prices reviews tips and best budget buys for 465 products 150 photos     **I Love Boston Guide** Marilyn J. Appleberg, 1987     **Willing's Press Guide**, 2003 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of

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 Gale,Gale Group,2004-09      **Let's Get Physical** Danielle Friedman,2022-01-04 A captivating blend of reportage and  
 personal narrative that explores the untold history of women s exercise culture from jogging and Jazzercise to Jane Fonda  
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