

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



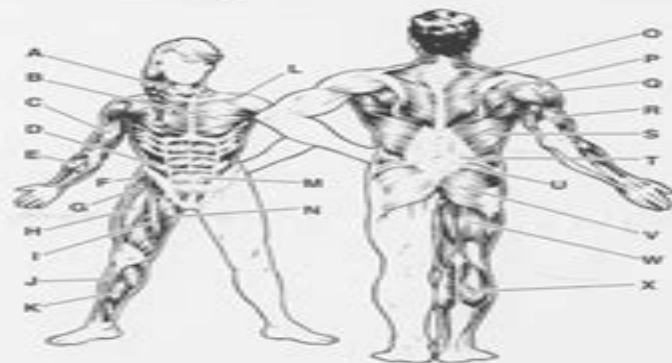
Muscles affected: D, W

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 for photographs showing 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®. Sin embargo, puede ser posible que no pueda hacer todos los ejercicios con su modelo. Para los mejores resultados, consulte con su representante. Lea fotografías mostrando la posición correcta para la posición de inicio y la posición final para cada ejercicio.

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

Die Übungen, die hier gezeigt werden, können mit WEIDER® Gewichtsübungs-Systemen durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein Übung nicht mit Ihrem Trainingsmodell machen können. Für die besten Ergebnisse ist es wichtig, mit dem Berater/Experten des Herstellers, Hersteller, Hersteller oder Händler, die fotografieren, die Übung richtig machen. Die Fotos zeigen die korrekte Start- und Endposition für die einzelnen Übungen.

⚠ AVERTISSEMENT: Veuillez lire attentivement les instructions de l'utilisateur avant d'exercer le système de peses WEIDER.

Les exercices indiqués peuvent être réalisés avec les systèmes de peses WEIDER®. Cependant, vous ne pouvez pas réaliser tous les exercices avec votre modèle. Pour de meilleurs résultats, consultez votre fournisseur ou un spécialiste. Lisez photographies montrant la position correcte de départ et d'arrivée pour chaque exercice.

⚠ AVVERTENZA: Leggere le istruzioni dell'utente attentamente prima di utilizzare il sistema di peses WEIDER.

Le esercizi indicati possono essere realizzati con gli sistemi di peses WEIDER®. Tuttavia, potrebbe non essere in grado di eseguire tutti gli esercizi con il vostro modello. Per i migliori risultati, consultare il vostro rappresentante. Leggere fotografie mostrando la posizione di inizio e fine corretta per ciascun esercizio.

Weider Pro Exercise Chart

**Workout Workout Log, Fitness Fitness
Journal**

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the light blue bar.

Weider Pro Exercise Chart:

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Film & Video Finder ,1989 **Runner's World** ,1991 *The Directory of U.S. Trademarks* ,1993 **The Wall Street Journal** ,1986 The Compu-mark Directory of U.S. Trademarks ,1991 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 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 *Daily Exercise Journal - Workout Chart* Workout Log,Fitness Fitness Journal,2017-06-20 Stay focused challenge your mind and body daily This exercise and food diary is a simple tool to help you achieve your eating and fitness goals With sections for breakfast lunch dinner and snacks as well as a place to track of your daily water intake and weight The exercise section allows you to keep track of your cardio reps and weights to ensure you re on the path to a healthier You **Daily Fitness Journal - Workout Chart** Workout Log,Fitness Fitness Journal,2017-06-23 Stay focused challenge your mind and body daily This exercise and food diary is a simple tool to help you achieve your eating and fitness goals With sections for breakfast lunch dinner and snacks as well as a place to track of your daily water intake and weight The exercise section allows you to keep track of your cardio reps and weights to ensure you re on the path to a healthier You **Being Nice Is the Coolest** Laila Nambuppha,2021-05-21 Workout routine training planner for home Novelty gift for your Love This is a workout log book will

help you achieve your fitness goals easily and effectively so you can add workouts in and track all of your progress Get the most out of your weight lifting sessions by tracking and organizing you will find everything that you need to not only track your workouts but also track your goals Grab this perfect notebook for your love and friend Size 6x9 inch 100 pages Perfect matte softcover Beautifully designed cover interior English language Perfect for all writing mediums Excercise Is Not Only Changes Your Body World Vacations,2019-08-05 A little progress each day adds up to BIG results We make it easy to track your progress with our beautifully created Fitness Planner for women This planner is made with YOU in mind We have included The Plan Ahead Weekly Schedule to highlight your current stats in line with your goals for the week Notes page to give you plenty of room to journal add notes about progress or track info Weekly Meal Plan Chart to track every meal snack water intake with plenty of room to write all the details Strength Training Exercise Chart to record specific exercises cardio cool down Monthly Work Out Tracker to see your overview and consistency on a monthly basis Monthly Habits Chart Tracker which is a unique area to write down the habits you want to establish in your everyday life and track your commitment to them If you are looking to be your BEST self stop here and order this fitness planner While you re at it get one for your sister best friend or even Mom Keeping track of your goals has never been easier **Exercise Is Labor Without Weariness** Laila Nambuppha,2021-05-19 Workout routine tracker for home Burning fat and building your muscle with this book This is a workout log book will help you achieve your fitness goals easily and effectively so you can add workouts in and track all of your progress Get the most out of your weight lifting sessions by tracking and organizing you will find everything that you need to not only track your workouts but also track your goals Grab this perfect notebook for your love and friend Size 6x9 inch 100 pages Perfect matte softcover Beautifully designed cover interior English language Perfect for all writing mediums

The book delves into Weider Pro Exercise Chart. Weider Pro Exercise Chart is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Weider Pro Exercise Chart, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Weider Pro Exercise Chart
- Chapter 2: Essential Elements of Weider Pro Exercise Chart
- Chapter 3: Weider Pro Exercise Chart in Everyday Life
- Chapter 4: Weider Pro Exercise Chart in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Weider Pro Exercise Chart. The first chapter will explore what Weider Pro Exercise Chart is, why Weider Pro Exercise Chart is vital, and how to effectively learn about Weider Pro Exercise Chart.
3. In chapter 2, the author will delve into the foundational concepts of Weider Pro Exercise Chart. The second chapter will elucidate the essential principles that must be understood to grasp Weider Pro Exercise Chart in its entirety.
4. In chapter 3, the author will examine the practical applications of Weider Pro Exercise Chart in daily life. The third chapter will showcase real-world examples of how Weider Pro Exercise Chart can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Weider Pro Exercise Chart in specific contexts. The fourth chapter will explore how Weider Pro Exercise Chart is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Weider Pro Exercise Chart. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Weider Pro Exercise Chart.

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