

**1 BENCH PRESS**

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

Muscles affected: B, L, M

**2 MILITARY SPREADS**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Keep your arms straight. Return to the starting position.

Muscles affected: L, L, M

**3 BICEPS CURL**

Sit on the seat and hold the handles with your hands. Extend your legs straight. Extend your arms straight. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Stand with your feet on the floor plates. Keep your arms straight. Return to the starting position.

Muscles affected: M, M

**5 SQUAT**

Stand with your feet on the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: P, L, M

**6 ALTERNATE LEG RAISE**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Extend your arms straight. Return to the starting position.

Muscles affected: B, L, M

**7 VERTICAL KNEE RAISE**

Attach the system to the floor plates.

Extend your arms straight. Extend your legs straight. Extend your arms straight. Return to the starting position.

Muscles affected: P, M

**8 AUSTRIAN STEP**

Attach the system to the floor plates. Extend your arms straight. Extend your legs straight. Extend your arms straight. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles with your hands. Lower your body. Pull your arms and legs straight. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms out to the sides. Hold the bar with an overhand grip. Extend your arms straight. Return to the starting position.

Muscles affected: B, L

**11 LEG PRESS**

Sit on the seat and place your feet on the floor plates. Extend your legs straight. Keep your arms straight. Return to the starting position.

Muscles affected: M, L, M, M

**12 LEG EXTENSION**

Sit on the seat and place your feet under the floor plates on the leg extension. Extend your legs straight. Return to the starting position.

Muscles affected: L, M

**13 LEG CURL**

Sit on the seat with the back of your leg resting against one of the pads on the leg curl. Extend your legs straight. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Attach the bar to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESSDOWN**

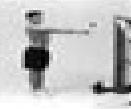
Attach the bar to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Attach the bar to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: C, M, P, M

**18 TRICEPS EXTENSION**

Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: B, M

**19 CROSSEOVER LIFT**

Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: B, L, M, M

**20 BACK EXTENSION**

Attach the bar to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Attach the bar to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

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

**22 SHOE SWING**

Attach the bar to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: L, L, M

**23 SHOULDER SHRUG**

Attach the bar to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: L, L, P, M

**24 OVERHEAD EXTENSION**

Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: L, M, M

**25 ISOLATION CURL**

Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: L, M

**26 FRONT RAISE**

Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: L, M, M, P

**27 KNEEL ROCK**

Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: L, M, M

**28 HIP ADDUCTION**

Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: L, M

**29 HIP ABDUCTION**

Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: L, M

**30 STANDING CURL**

Attach the bar to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: L, M, L, L

**32 BENT LATERAL RAISE**

Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: L, L, L

**33 FRONT RAISE**

Attach the bar to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

Muscles affected: L, M, L

**34 UPRIGHT ROW**

Attach the bar to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

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

**35 BENT ROW**

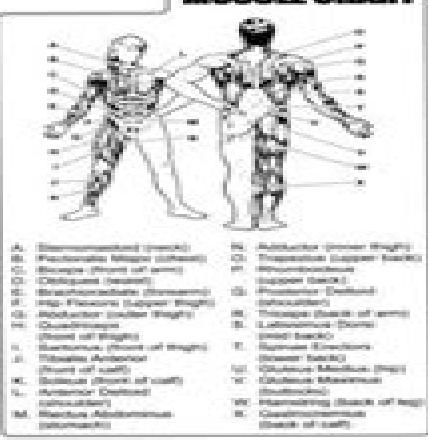
Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

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

**36 SQUAT ROW**

Attach the handles to the floor plates. Extend your arms straight. Extend your legs straight. Return to the starting position.

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

**MUSCLE CHART**

# Weider Power Guide Chart

**Minjie Lin**

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