

## 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, V, W

## 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



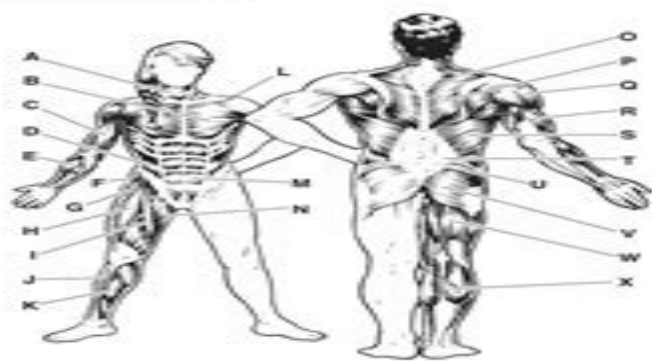
Muscles affected: C, M

## 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 proper technique for each exercise.

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

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 técnica fotográfica 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 durch falsche Übungsausführung haben. Die besten Ergebnisse werden erzielt, wenn Sie die korrekte Sporthaltung und die fotografische Übungstechnik beachten. Die richtige Übungstechnik ist für jeden Sportler ein entscheidender Faktor für das Trainingsergebnis.

**AVERTISSEMENT:** Veuillez lire attentivement les instructions de sécurité et d'entraînement avant d'effectuer les exercices de musculation.

Les exercices indiqués peuvent être effectués avec le système de pesées WEIDER®. Cependant, seuls ceux-ci peuvent permettre d'effectuer tous les exercices avec une totale sécurité. Pour de meilleurs résultats, une bonne posture et une technique photographique adéquates sont nécessaires.

**AVVERTENZA:** Leggere le informazioni di sicurezza e le istruzioni di allenamento nel manuale di riferimento prima di allenarsi.

Gli esercizi indicati possono essere eseguiti con il sistema di pesate WEIDER®. Tuttavia, solo con questo sistema è possibile eseguire tutti gli esercizi con la massima sicurezza. Per migliori risultati, occorre una buona postura e una tecnica fotografica adeguata per ciascun esercizio.

# Weider Weight Systems Exercise Guide

**TD Snyder**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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