

1 BENCH PRESS

Lie on the bench with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your chest is fully extended. Return to the starting position.

Muscles affected: B.L., M.

**2 MILITARY PRESS**

Lie down with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your chest is fully extended. Return to the starting position.

Muscles affected: L.L., M.

**3 BICEP CURL**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your biceps are fully contracted. Return to the starting position.

Muscles affected: B.L., M.

**4 CALF RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your heels are off the floor. Return to the starting position.

Muscles affected: H.L., M.

**5 SQUAT**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your thighs are parallel to the floor. Return to the starting position.

Muscles affected: H.L., M.

**6 ALTERNATE LEG RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Supporting your weight, lift one leg at a time until your knee is bent 90 degrees. Lower the leg back down. Return to the starting position.

Muscles affected: S.L., P.L., M.

**7 VERTICAL KNEE RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Supporting your weight, lift one leg at a time until your knee is bent 90 degrees. Lower the leg back down. Return to the starting position.

Muscles affected: P.M.

**8 ASSISTED DIP**

Stand with the bar at your waist. Hold the bar with an overhand grip. Supporting your weight, bend your knees, lowering your body. Return to the starting position.

Muscles affected: B.L., L.L., M.

**9 PULL-UP**

Grasp the bar with an overhand grip. Lower your body until your chin is above the bar. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms on the seat. Hold the bar with an overhand grip. Lower the bar until your biceps are fully contracted. Return to the starting position.

Muscles affected: B.L., M.



! WARNING: Before beginning any resistance program, consult your physician. This is an intensive program. Do not attempt to increase your weight or intensity until you have mastered the basic exercises. If you experience any pain or discomfort, stop immediately. If the pain continues, consult your physician.

IMPORTANT: This power exercise is designed for resistance that uses the weightlifting using resistance weight system. Make sure that your weight system is set up correctly and that all of the weights are in place before you begin to use this power exercise. Make sure that you have mastered the basic exercises before attempting this power exercise.

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11 LEG PRESS

Sit on the seat with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your legs are fully extended. Return to the starting position.

Muscles affected: H.L., M., H.L., M.

**12 LEG EXTENSION**

Sit on the seat with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your legs are fully extended. Return to the starting position.

Muscles affected: H.L.

**13 LEG CURL**

Stand with the back of one leg resting against the back of the other leg. Hold the bar with an overhand grip. Lower the bar until your leg is straight. Return to the starting position.

Muscles affected: H.L.

**14 ABS CRUNCH**

Lie on the floor with your legs bent. Hold the bar with an overhand grip. Lower the bar until your chest is fully contracted. Return to the starting position.

Muscles affected: H.L.

**15 TRICEPS PRESS DOWN**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L.

**16 STIFF ARM PUSHDOWN**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

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

**17 LAT PULL-DOWN**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

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

**18 TRICEPS EXTENSION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L.

**19 CROSSOVER FLY**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended and your torso is bent 90 degrees. Return to the starting position.

Muscles affected: H.L., L.L., M.

**20 BACK EXTENSION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your torso is bent 90 degrees. Return to the starting position.

Muscles affected: H.L.

**21 DEAD LIFT**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your legs are fully extended. Return to the starting position.

Muscles affected: S.L., H.L., M., H.L., M.

**22 SHOE SWING**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your legs are fully extended. Return to the starting position.

Muscles affected: C.L., H.L.

**23 SHOULDER SHRUG**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: S.L., H.L.

**24 OVERHEAD EXTENSION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: H.L., M.

**25 ISOLATION CURL**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: C.L., H.L.

**26 FRONT RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: H.L., M.

**27 HHEEL ROCK**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: H.L., M.

**28 HIP ADDUCTION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H.

**29 HIP ADDUCTION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H.

**30 STEAMER CURL**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: C.L., H.L.

**31 LATERAL RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.L., C.L., H.L.

**32 SPLIT LATERAL RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.L., C.L., H.L.

**33 FRONT RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.L., P.L., M.

**34 UPRIGHT ROW**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

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

**35 SPLIT ROW**

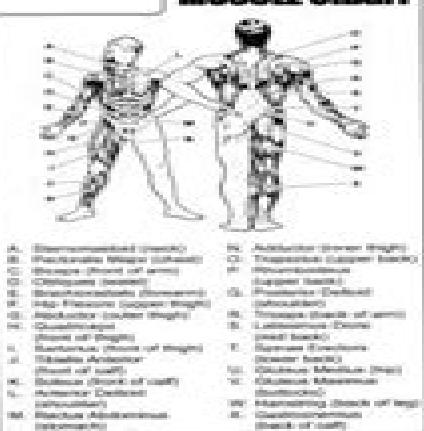
Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

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

**36 BACKTECH ROW**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

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

**MUSCLE CHART**

- A. Deltoid (front deltoid)
- B. Deltoid (lateral deltoid)
- C. Deltoid (posterior deltoid)
- D. Biceps (biceps brachii)
- E. Biceps (long head)
- F. Biceps (short head)
- G. Brachialis (brachialis)
- H. Brachioradialis (brachioradialis)
- I. Brachioradialis (long head)
- J. Brachioradialis (short head)
- K. Brachioradialis (lateral triceps)
- L. Brachioradialis (posterior triceps)
- M. Brachioradialis (lateral deltoid)
- N. Brachioradialis (posterior deltoid)
- O. Brachioradialis (lateral triceps)
- P. Brachioradialis (posterior triceps)
- Q. Brachioradialis (lateral deltoid)
- R. Brachioradialis (posterior deltoid)
- S. Brachioradialis (lateral triceps)
- T. Brachioradialis (posterior triceps)
- U. Brachioradialis (lateral deltoid)
- V. Brachioradialis (posterior deltoid)
- W. Brachioradialis (lateral triceps)
- X. Brachioradialis (posterior triceps)
- Y. Abductor (lateral thigh)
- Z. Adductor (lateral thigh)

Weider Home Gym Workout Guide

Bill Reynolds

Weider Home Gym Workout Guide:

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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Weider Home Gym Workout Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Table of Contents Weider Home Gym Workout Guide

1. Understanding the eBook Weider Home Gym Workout Guide
 - The Rise of Digital Reading Weider Home Gym Workout Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Weider Home Gym Workout Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weider Home Gym Workout Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weider Home Gym Workout Guide
 - Personalized Recommendations
 - Weider Home Gym Workout Guide User Reviews and Ratings

- Weider Home Gym Workout Guide and Bestseller Lists
- 5. Accessing Weider Home Gym Workout Guide Free and Paid eBooks
 - Weider Home Gym Workout Guide Public Domain eBooks
 - Weider Home Gym Workout Guide eBook Subscription Services
 - Weider Home Gym Workout Guide Budget-Friendly Options
- 6. Navigating Weider Home Gym Workout Guide eBook Formats
 - ePUB, PDF, MOBI, and More
 - Weider Home Gym Workout Guide Compatibility with Devices
 - Weider Home Gym Workout Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weider Home Gym Workout Guide
 - Highlighting and Note-Taking Weider Home Gym Workout Guide
 - Interactive Elements Weider Home Gym Workout Guide
- 8. Staying Engaged with Weider Home Gym Workout Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weider Home Gym Workout Guide
- 9. Balancing eBooks and Physical Books Weider Home Gym Workout Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weider Home Gym Workout Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Weider Home Gym Workout Guide
 - Setting Reading Goals Weider Home Gym Workout Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weider Home Gym Workout Guide
 - Fact-Checking eBook Content of Weider Home Gym Workout Guide
 - Distinguishing Credible Sources

- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
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