

1 CHEST PRESS



Muscles affected: P, L, S

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, C, B

3 CHEST FLY



Muscles affected: P, L

4 BENT LATERAL RAISE



Muscles affected: P, L, S

5 LATERAL RAISE



Muscles affected: D, S, P

6 SINGLE ARM PREACHER CURL



Muscles affected: C, B

7 TRICEPS KICKBACK



Muscles affected: B

8 UPRIGHT ROW



Muscles affected: C, L, S, W

9 STANDING ROW



Muscles affected: C, E, R, S, T

10 BICEPS CURL



Muscles affected: C, B

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: B

12 STANDING CURL



Muscles affected: C, B

13 TRICEPS PUSH-DOWN



Muscles affected: B, W

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, C, R, S

17 CALF RAISE



Muscles affected: C, B

18 BICEPS-TRICEPS COMBO



Muscles affected: C, B

19 HIP FLEXION



Muscles affected: E, W, U

20 LEG EXTENSION



Muscles affected: W

21 LEG CURL



Muscles affected: V, W

22 ABDUCTION/ADDUCTION



Muscles affected: G, U, L, W

23 HEEL KICK



Muscles affected: H, L, W

24 SHOULDER RAISE



Muscles affected: L

25 PREACHER CURL



Muscles affected: C, B

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



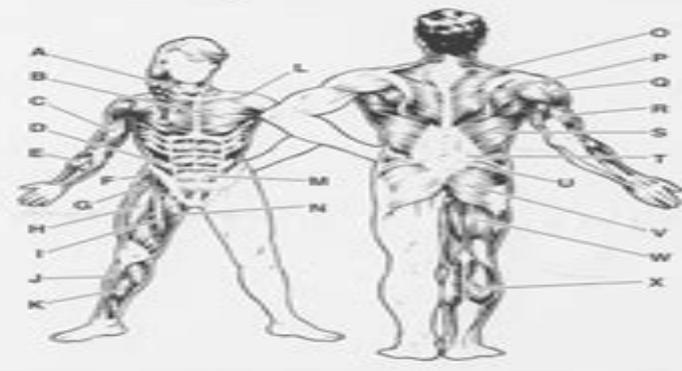
Muscles affected: D, W

28 SHOULDER SHRUG



Muscles affected: D, P

MUSCLE CHART



⚠ WARNING: Read the exercise instructions and safety precautions in this user's manual before exercising.

The exercises outlined can be performed with WEIDER® weight systems. However, you may not be able to perform all exercises with your weight system. Consult your dealer for more information. Always use proper technique to avoid the common starting or ending positions for each exercise.

⚠ AVISO: Lea la información de advertencias y precauciones de seguridad en el manual del usuario de este aparato.

Los ejercicios que se muestran en este manual pueden ser realizados con aparatos de pesas WEIDER®. Sin embargo, puede que no pueda realizar todos los ejercicios con su sistema de pesas. Consulte a su distribuidor para obtener más información. Siempre use la técnica adecuada para evitar las posiciones de inicio o final comunes de cada ejercicio.

⚠ WARNING: Read these tips for the "Warning" and "Precautions" sections of the manual before exercising.

Be cautious, as the user manual contains information on WEIDER® weight systems. However, you may not be able to perform all exercises with your weight system. Consult your dealer for more information. Always use proper technique to avoid the common starting or ending positions for each exercise.

⚠ AVERTISSEMENT: Lire les instructions de sécurité et les précautions de sécurité avant d'exercer.

Les exercices indiqués peuvent être effectués avec les systèmes de peses WEIDER®. Cependant, vous ne pouvez pas effectuer tous les exercices avec votre système de peses. Consultez votre revendeur pour plus d'informations. Utilisez toujours la technique adéquate pour éviter les positions de début ou de fin communes de chaque exercice.

⚠ AVVERTENZA: Leggere le istruzioni di sicurezza e le precauzioni di sicurezza prima di esercitare.

Le esercizi indicati possono essere eseguiti con i sistemi di peses WEIDER®. Tuttavia, potrebbe non essere possibile eseguire tutti gli esercizi con il vostro sistema di peses. Consultare il rivenditore per maggiori informazioni. Usare sempre la tecnica corretta di esecuzione per evitare le posizioni di inizio o fine comuni per ciascun esercizio.

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