

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Attach the bar to the bar. Hold the bar with your hands until your arms are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY PRESS**

Adjust the system so it is positioned for the shoulders. Sit on the seat and press the bar up until your arms are straight. Fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and extend your arms. Do the butterfly arms are shown. Drive the butterfly arms forward with your arms and the pads touch. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your knees and your ankles straight and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**5 SQUAT**

Hold the handles with an overhand grip. Hold the handles with your hands and your feet flat on your toes. Do not use your toes. Return to the starting position. Return to the starting position.

Muscles affected: P, L, M, B

**6 ALTERNATE LEG RAISE**

Adjust the seat so your knee is at the hip and your arms are supporting your weight. Hold the handles with your hands and your feet flat on your toes. Do not use your toes. Return to the starting position. Alternate legs with each rep.

Muscles affected: B, P, M

**7 VERTICAL KNEE RAISE**

Adjust the seat so your knee is at the hip and your arms are supporting your weight. Hold the handles with your hands and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, M

**8 ARRESTED DIP**

Hold the handles with an overhand grip. Extend the arms forward, keeping your arms straight and your hands resting on the pads as shown. Lower lower your body slowly by bending your elbows. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles with an overhand grip. Drive your arms up until your arms are straight and your hands are level with your chest. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and rest your arms on the seat pad. Hold the bar with an overhand grip and your arms are straight. Hold the bar with your hands. Return to the starting position.

Muscles affected: C, L, K

**11 LEG PRESS**

Sit on the seat and place your feet on the floor. Hold the handles with your hands. Do not hold your hands until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: M, L, M, K

**12 LEG EXTENSION**

Sit on the seat and position your feet under the pads on the leg extension. Place your hands on the handles. Extend your legs straight and strong. Return to the starting position.

Muscles affected: L, K

**13 LEG CURL**

Stand with the back of one leg resting against one of the pads on the leg curl. Hold the leg behind your knee. Return to the starting position. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your hands. Extend your legs straight and strong. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your hands. Extend your legs straight and strong. Return to the starting position. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor cables. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Adjust the seat so the floor is parallel to the floor. Hold the handles, extend your arms. Hold the bar with your hands and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: C, L, M, B

**18 TRICEPS EXTENSION**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your hands. Extend your arms straight and strong. Return to the starting position.

Muscles affected: B, M

**19 CROSSOVER FLY**

Adjust the handles to the center. Hold the handles with your hands. Extend your arms straight and cross the handles together in front of you as in a hugging motion. Return to the starting position.

Muscles affected: B, L, C, M

**20 BACK EXTENSION**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your hands. Extend your arms straight and strong. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Adjust the bar so it is at the floor cables. Hold the handles with your hands. Extend your arms straight and strong. Keeping your arms straight and strong, pull your head up. Return to the starting position.

Muscles affected: L, H, T, M, B

**22 SHOE SWING**

Adjust the bar so it is at the floor cables. Extend your arms straight and strong. Hold the bar with an overhand grip. Keeping your arms straight and strong, pull your head up. Return to the starting position.

Muscles affected: C, L, M

**23 SHOULDER SHRUG**

Adjust the bar so it is at the floor cables. Extend your arms straight and strong. Hold the bar with an overhand grip. Keeping your arms straight and strong, pull your head up. Return to the starting position.

Muscles affected: L, C, P

**24 OVERHEAD EXTENSION**

Adjust the bar so it is at the floor cables. Extend your arms straight and strong. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

Muscles affected: L, H, M

**25 ISOLATION CURL**

Adjust the handles so the floor is parallel to the floor. Hold the handles with your hands. Extend your arms straight and strong. Hold the handles so your arms are straight. Return to the starting position.

Muscles affected: C, M

**26 FRONT RAISE**

Adjust the pulley arms so the floor cables. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

Muscles affected: P, C, M, H

**27 REEL ROCK**

Adjust the pulley arms so the floor cables. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

Muscles affected: M, M, M

**28 HIP ADDUCTION**

Adjust the pulley arms so the floor cables. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTOR**

Adjust the pulley arms so the floor cables. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

Muscles affected: L, M

**30 STEAMING CURL**

Adjust the bar so it is at the floor cables. Extend your arms straight and strong. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position. Do every two seconds. Hold the bar with an overhand grip.

Muscles affected: C, M

**31 LATERAL RAISE**

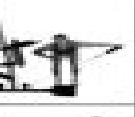
Adjust the bar so it is at the floor cables. Extend your arms straight and strong. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

Muscles affected: L, C, D, O

**32 BENT LATERAL RAISE**

Adjust the bar so it is at the floor cables. Extend your arms straight and strong. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

Muscles affected: L, C, D, O

**33 FRONT RAISE**

Adjust the bar so it is at the floor cables. Extend your arms straight and strong. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

Muscles affected: L, P, M

**34 UPRIGHT ROW**

Adjust the pulley arms so the floor cables. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

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

**35 BENT ROW**

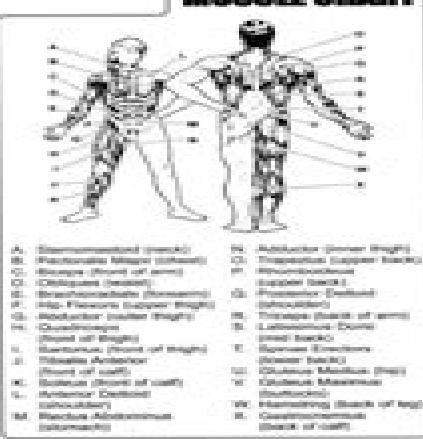
Adjust the handles so the floor cables. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

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

**36 SQUAT ROW**

Adjust the pulley arms so the floor cables. Hold the bar with an overhand grip. Extend your arms straight and strong. Return to the starting position.

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

**MUSCLE CHART**

Weider Exercise Guide

Ben Weider,Joe Weider,Daniel Gastelu

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Table of Contents Weider Exercise Guide

1. Understanding the eBook Weider Exercise Guide
 - The Rise of Digital Reading Weider Exercise Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Weider Exercise 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 Exercise Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weider Exercise Guide
 - Personalized Recommendations
 - Weider Exercise Guide User Reviews and Ratings
 - Weider Exercise Guide and Bestseller Lists

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

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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