

## 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, P, S, M

## 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



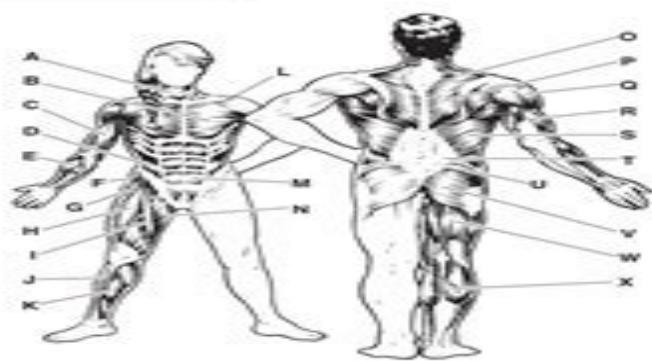
Muscles affected: C, M

## 28 SHOULDER SHRUG



Muscles affected: Q, P

## MUSCLE CHART



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# Weider Weight Systems Exercise Guide

**Christine A. Kesler, Jennifer L. Carman**

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