

1 CHEST PRESS



Muscles affected: P, L, S

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, C, W

3 CHEST FLY



Muscles affected: P, L

4 BENT LATERAL RAISE



Muscles affected: P, L, S

5 LATERAL RAISE



Muscles affected: G, D, P

6 SINGLE ARM PREACHER CURL



Muscles affected: C, E

7 TRICEPS KICKBACK



Muscles affected: W

8 UPRIGHT ROW



Muscles affected: C, E, L, G, K

9 STANDING ROW



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

10 BICEPS CURL



Muscles affected: C, E

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: W

12 STANDING CURL



Muscles affected: C, E

13 TRICEPS PUSH-DOWN



Muscles affected: C, E

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, G, R, S

17 CALF RAISE



Muscles affected: K, E

18 BICEPS-TRICEPS COMBO



Muscles affected: C, E

19 HIP FLEXION



Muscles affected: P, L, S

20 LEG EXTENSION



Muscles affected: W

21 LEG CURL



Muscles affected: V, W

22 ABDUCTION/ADDUCTION



Muscles affected: G, D, L, N

23 HEEL KICK



Muscles affected: W, 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



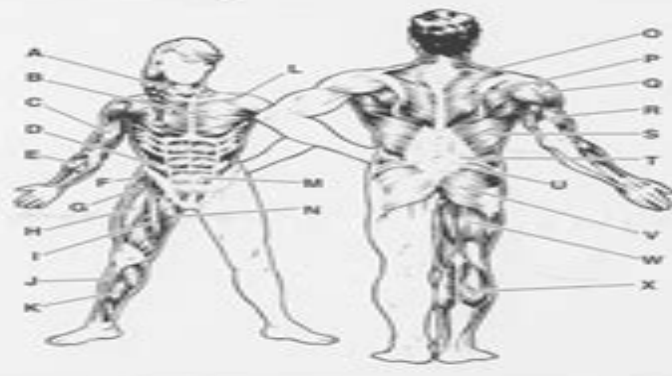
Muscles affected: G, W

28 SHOULDER SHRUG



Muscles affected: G, P

MUSCLE CHART



⚠ WARNING: Read the instruction information and safety precautions in the user's manual before exercising.

The exercises shown can be performed with WEIDER[®] weight systems. However, you may not be able to perform all exercises with your model. For best results, consult your dealer for exercise photographs and the correct starting or ending position for each exercise.

⚠ AVISO: Lea la información de seguridad e instrucciones de seguridad en el manual del usuario antes de hacer ejercicio.

Los ejercicios que se muestran en estas fotografías se pueden hacer con los sistemas de pesas WEIDER[®]. Sin embargo, puede ser posible que no pueda hacer todos los ejercicios con su modelo. Para los mejores resultados, consulte con su representante para obtener fotografías de ejercicios y la posición correcta de inicio y de finalización de cada ejercicio.

⚠ WARNUNG: Bitte lesen Sie die Trainingsanweisungen und Sicherheitsmaßnahmen des Benutzerhandbuchs, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können mit WEIDER[®] Gewichtsübungs-Systemen durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein Übung nicht mit Ihrem Trainingsmodell machen können. Für die besten Ergebnisse ist es wichtig, mit Ihrem Vertreter über die richtige Ausführung der Übungen zu sprechen. Bitte fordern Sie auch die korrekten Start- und Endpositionen für die einzelnen Übungen.

⚠ AVERTISSEMENT: Veuillez lire attentivement les instructions de l'utilisateur avant d'exercer le système de musculation.

Les exercices indiqués peuvent être réalisés avec le système de musculation WEIDER[®]. Cependant, vous ne pouvez pas réaliser tous les exercices avec votre modèle d'appareil. Pour de meilleurs résultats, consultez votre fournisseur pour obtenir des photographies et la position correcte de début et de fin de chaque exercice pour chaque exercice.

⚠ AVVERTENZA: Leggere le istruzioni dell'utente attentamente prima di utilizzare il sistema di allenamento.

Le esercizi suggeriti possono essere eseguiti con il sistema di allenamento WEIDER[®]. Tuttavia, potrebbe non essere in grado di eseguire tutti gli esercizi con il vostro modello. Per i migliori risultati, consultate il vostro fornitore per le fotografie e la posizione di inizio e fine corretta per ciascun esercizio.

Weider Ultimate Body Works Exercise Guide

Lee Haney, Jim Rosenthal



Weider Ultimate Body Works Exercise Guide:

Ultimate Core Ball Workout Jeanine Detz, 2005-06 Transform your core muscles with unstable workouts using the exercise ball with this revolutionary fitness book from author Jeanine Detz From shapely abs to the Pilates Powerhouse core strengthening has become the main focus for today's exercise enthusiasts Now Ultimate Core Ball Workout takes core training to a higher level with its on the ball variations of traditional mat exercises The unique benefits of ball training enable the program in Ultimate Core Ball Workout to produce better results in less time Any crunch will work the abs but this book's crunch on the ball simultaneously engages the stabilizing muscles of the abdomen and lower body working more muscle and producing a more sculpted midsection faster The exercises outlined in this book are suitable for all levels from beginner to fitness professional and the photo sequences and clearly written captions teach proper techniques Offering more than just good looking abs the program in Ultimate Core Ball Workout produces numerous health and fitness benefits including a stronger more supportive back improved posture better performance in sports and even more enjoyable sex Plus each exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time

The Edge Ben Weider, Joe Weider, Daniel Gastelu, 2003 The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight training [Video Source Book](#), 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Subject Guide to Books in Print**, 2001 [Joe Weider's Ultimate](#)

[Bodybuilding](#) Joe Weider, 1999 [Mike Mentzer](#) John Little, 2025-05-20 Bodybuilding's foremost nonconformist and strikingly handsome intellectual Mike Mentzer rose to the top of his sport despite opposition from industry insiders like rival Schwarzenegger Written by his close friend of two decades Mike Mentzer American Odysseus chronicles Mentzer's journey in a fiercely competitive world to become one of the most iconic bodybuilders of all time **REBEL PHILOSOPHER BODYBUILDING ICON** Mike Mentzer was a strikingly handsome man with a brilliant mind and a perfect physique the first bodybuilder to receive a perfect score in both amateur and professional competitions In the late 70s Mentzer rose to the very top of his sport despite the efforts made by industry power brokers such as Arnold Schwarzenegger was featured in GQ magazine and profiled on national television But he was also a man who wrestled with mental illness his entire life and ended up living on the streets and being sent to prison Just when it seemed his career was over he found it within himself to reboot his intellect and revolutionize bodybuilding training arguing bodybuilders should not forsake their mental development in favor of developing their bodies He became a pariah in the fitness industry which only cared about selling supplements and other products but a hero to legions of fans who earnestly sought truth Mike Mentzer American Odysseus is the first biography of Mike Mentzer to appear in North America written by his close friend of 21 years John Little one of the leading

fitness researchers in North America Iron Man magazine Drawing upon audio recordings letters diary excerpts as well as interviews with those closest to him this is the true story of one man who stood up to an entire industry and paid the ultimate price The Video Source Book David J. WEINER,1990 Lee Haney's Ultimate Bodybuilding Book Lee Haney,Jim Rosenthal,1993-05-15 Lee Haney is the only man to win eight Mr Olympia titles and he won them consecutively Host of his own television show he is one of the most popular figures in bodybuilding and fitness His work with boxer Evander Holyfield and basketball star Kevin Willis has proven that weight training can ehnnance performance in other sports his Atlanta based gym Lee Haney s World Class Fitness Center teams up with the city to promote general heath and good fitness for everyone Lee Haney s Ultimate Bodybuilding presents the training program and mental perparation that helped Haney dominate the Mr Olympia competition Beginners and experienced athletes alike can learn from Haney by following his instructions and examining the photographs that show the proper form for each exercise This book includes A beginners workout a safe and doable program to get started Advanced bodybuilding Haney s secrets to building muscle mass strength and symmetry A healthy safe steroid free nutrition and diet plan Cross training workouts for other sports including Haney s special program for Evander Holyfield The Mr Olympia titles in review Tips for competitive bodybuilders from mental readiness to the seven mandatory poses Comparative photographs of other top bodybuilders *Video Source Book* Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction *The Healthy You Diet* Dawna Stone,2014-12-23 Even while competing on and eventually winning The Apprentice Martha Stewart Dawna Stone always knew that her first passion was health and fitness She has gone on to gather thousands of loyal fans through her Healthy You Facebook group who are eager to follow her diet plan and cook from her clean eating program The Healthy You Diet is a twofold volume that starts with a 14 day elimination plan that gradually and easily helps readers kick sugar wheat dairy processed foods soda red meat and alcohol to the curb Moving into the clean phase Stone guides readers through a diet free of these foods in order to focus on nourishment and rejuvenation of the body This clean phase will lead to successful and sustained weight loss and a resurgence of energy that keeps Stone s fans coming back for more long after they ve achieved their weight loss goals Stone provides more than 100 deliciously motivating recipes to keep the weight off in a healthy way This book is everything fans need to jumpstart clean habits for life With her motivating text and positive you can do it attitude Dawna Stone will get everyone up out of their weight loss rut and excited to be in the kitchen **Shape** ,1996

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