

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 in front of your torso. 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 your feet on an overhand grip. Lift your heels off the floor until your toes are extended. Return to the starting position.

Muscles affected: H.L., M.

**5 SQUAT**

Inhale. Push your hips back and your torso forward. Lower your body until your thighs are parallel to the floor. Return to the starting position.

Muscles affected: H.L., M.

**6 ALTERNATE LEG RAISE**

Inhale. Lift your knee with your foot held straight until your knee is supporting your weight. Return to the starting position and repeat with the other leg. Return to the starting position. Alternate legs with each rep.

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

**7 VERTICAL KNEE RAISE**

Inhale. Lift your knee with your foot held straight until your knee is supporting your weight. Return to the starting position and repeat with the other leg. Return to the starting position. Alternate legs with each rep.

Muscles affected: P.M.

**8 ASSISTED DIP**

Place your hands on the dip bar. Inhale. Lower your body until your arms are straight and your chest is near your knees. Return to the starting position. Repeat for the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles with an overhand grip. Lower your body until your arms are straight and your chest is near your knees. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and rest your arms on the couch. 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.

**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 legs extended. Hold the bar with an overhand grip. Lower the bar until your legs are straight. Return to the starting position.

Muscles affected: H.L.

**13 LEG CURL**

Sit on the seat with the bar in front of your legs. Hold the bar with an overhand grip. Lower the bar until your legs are bent. 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 torso is straight. Return to the starting position.

Muscles affected: H.L.

**15 TRICEPS PRESS DOWN**

Inhale. Push the bar down to the floor. Exhale. Lift the bar up until your arms are straight. Return to the starting position. Repeat for the starting position.

Muscles affected: S.L.

**16 STIFF ARM PUSHDOWN**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your arms are straight. Return to the starting position.

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

**17 LAT PULL-DOWN**

Inhale. Push the bar down to the floor. Exhale. Lift the bar up until your arms are straight. Return to the starting position. Repeat for the starting position.

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

**18 TRICEPS EXTENSION**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your arms are straight. Return to the starting position.

Muscles affected: S.L., M.

**19 Crossover Fly**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your arms are straight. Return to the starting position.

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

**20 BACK EXTENSION**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your arms are straight. Return to the starting position.

Muscles affected: H.L.

**21 DEAD LIFT**

Inhale. Push the bar down to the floor. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

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

**22 SHOE SHINE**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

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

**23 SHOULDER SHRUG**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

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

**24 OVERHEAD EXTENSION**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

Muscles affected: H.L., M.

**25 ISOLATION CURL**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

Muscles affected: H.L., M.

**26 FRONT RAISE**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

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

**27 HHEEL ROCK**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

Muscles affected: H.L., M.

**28 HIP ADDUCTION**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

Muscles affected: L.H.

**29 HIP ADDUCTION**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

Muscles affected: L.H.

**30 STEAMROLL CURL**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

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

**31 LATERAL RAISE**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

Muscles affected: L.L., C.L., O.

**32 SPLIT LATERAL RAISE**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

Muscles affected: L.L., C.L., O.

**33 FRONT RAISE**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

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

**34 UPRIGHT ROW**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

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

**35 SPLIT ROW**

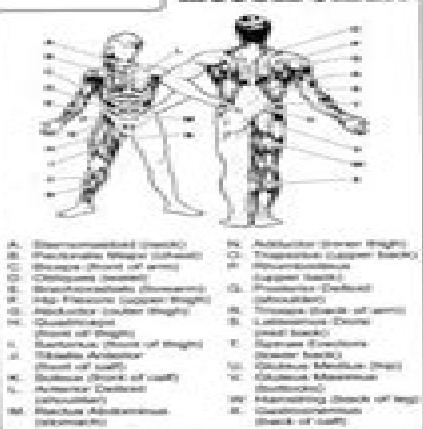
Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

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

**36 SQUAT ROW**

Contract the latissimus dorsi in your back. Inhale. Push the bar down with an overhand grip. Exhale. Lift the bar up until your torso is straight. Return to the starting position.

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

**MUSCLE CHART**

Weider 8510 Exercise Guide

A Loxley

Weider 8510 Exercise Guide:

SRDS Consumer Magazine Advertising Source ,2006 Training Notebook Weider Publications, LLC,2002 At last the complete fully illustrated guide to weight training exercises based on the popular Muscle Fitness column Training Notebook Now all in one place 74 of the best exercises ever with step by step directions for building a strong muscular physique This easy to follow format lets you choose from a variety of exercises for each bodypart from back and biceps to chest and calves You can now change up your training so you keep making gains while you hit your muscles from new angles every workout The Muscle Fitness Training Notebook provides detailed instruction on doing each movement correctly for maximum effectiveness and safety Special tips let you customize each exercise for your individual goals whether you want wider shoulders or stronger legs The training log lets you keep track of your sets reps and poundage along with your progress Color coded anatomy drawings show you the muscles in action with sports applications for each exercise listed Expand your exercise inventory with this essential guide The spiral bound format provides easy access for convenient use while you train

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Weider 8510 Exercise Guide Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Weider 8510 Exercise Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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