

1 BENCH PRESS

Set on the seat and hold the handles with an overhead grip. Press your arms straight up over your head. Return to the starting position.

Muscles affected: B, L, R

2 MILITARY PRESS

Attach the system (as required for the exercise). Set on the seat and grasp the arms with an overhead grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, R

3 BUTTERFLY

Set on the seat and place your arms on the butterfly arms as shown. Press the butterfly arms toward each other until the pads touch. Return to the starting position.

Muscles affected: B, L

4 CALF RAISE

Hold the handles with an overhead grip. Keep your arms at your sides and rise up on your heels. Return to the starting position.

Muscles affected: K, R

5 SQUAT

Hold the handles with an overhead grip and straighten your legs. Slowly bend your legs as shown. Do not allow your feet to move. Return to the starting position.

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Attach the seat with an overhead grip. Hold the handles with an overhead grip. Bend your legs as shown. Do not allow your feet to move. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, L, W

7 VERTICAL KNEE RAISE

Attach the seat with an overhead grip. Hold the handles with an overhead grip. Bend your legs as shown. Do not allow your feet to move. Return to the starting position.

Muscles affected: H, W

8 ASSISTED DIP

Attach the seat with an overhead grip. Hold the handles with an overhead grip. Bend your legs as shown. Do not allow your feet to move. Return to the starting position.

Muscles affected: B, L, Q, R, Q, R, S

9 PULL-UP

Attach the pull-up handles as shown. Lower your body until your arms are straight. Slowly pull your body up until your chin is over the bar. Return to the starting position.

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

10 PREACHER CURL

Set on the seat and rest your arms on the preacher pad. Hold the bar with an overhead grip and extend your arms. Slowly curl the bar toward your chest. Return to the starting position.

Muscles affected: C, E

11 LEG PRESS

Set on the seat and place your feet on the press plate as shown. Press the bar up over your head. Return to the starting position.

Muscles affected: H, V, W, R

12 LEG EXTENSION

Set on the seat and position your feet under the pads on the leg tower. Press the bar up until your legs are straight. Return to the starting position.

Muscles affected: H

13 LEG CURL

Stand with the back of one leg resting on the heel of the pad on the leg tower. Press the bar up until your leg is straight. Return to the starting position.

Muscles affected: H

14 AB CRUNCH

Attach the seat to the ab cable. Hold the ab straps over your shoulders. Crunch forward, rounding your back. Return to the starting position.

Muscles affected: H

15 TRICEPS PRESS DOWN

Attach the bar to the high cable. Facing the system, hold the bar with an overhead grip. Press your arms straight down. Return to the starting position.

Muscles affected: S, R

16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Attach the bar with an overhead grip. Your hands should be shoulder width apart. Push the bar down until your arms are straight. Return to the starting position.

Muscles affected: S, R, R, S

17 LAT PULL-DOWN

Attach the bar to the high cable. Set the system, extend your arms up and hold the ends of the bar with an overhead grip. Pull the bar down to the level of your chest. Return to the starting position.

Muscles affected: C, E, R, S

18 TRICEPS EXTENSION

Attach the bar to the high cable. Set on the seat and hold the bar above your head with your arms straight. Extend your arms straight down. Return to the starting position.

Muscles affected: S, R

19 CROSSOVER FLY

Attach the handles to the cables. Stand with your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, S

20 BACK EXTENSION

Attach the bar to the low cable. Set on the seat and hold the bar with an overhead grip. Press your back straight and bend back at the hips. Return to the starting position.

Muscles affected: T

21 DEAD LIFT

Attach the bar to the low cable. Stand with your feet and hold the bar with an overhead grip. Keep your back straight and pull the bar up to the knees. Return to the starting position.

Muscles affected: S, H, T, R, W

22 SIDE BEND

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downward and hold the handle with your other arm. Bend to the side as shown. Return to the starting position.

Muscles affected: C, E, R

23 SHOULDER SHRUG

Attach the bar to the low cable. Stand with your arms and hold the bar with an overhead grip. Keep your arms at your sides. Shrug your shoulders up. Return to the starting position.

Muscles affected: S, Q, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhead grip. Extend your arm back, lifting the handle over your head. Return to the starting position.

Muscles affected: E, R

25 ISOLATION CURL

Attach a handle to the low cable. Stand with your arms and hold the bar with an overhead grip. Keep your arms at your sides. Curl the handle toward your chest. Return to the starting position.

Muscles affected: C, E

26 FRONT KICK

Attach the arms to the low cable. Stand with your feet and hold the bar with an overhead grip. Kick your leg straight and hold it forward as shown. Return to the starting position.

Muscles affected: H, S, R, T

27 HEEL KICK

Attach the arms to the low cable. Stand with your feet and hold the bar with an overhead grip. Kick your leg back as shown. Return to the starting position.

Muscles affected: C, S, W

28 HIP ADDUCTION

Attach the arms to the low cable. Stand sideways and extend your inside leg into the cable strap. Keep your arms and legs straight. Return to the starting position.

Muscles affected: L, H

29 HIP ABDUCTION

Attach the arms to the low cable. Stand sideways and extend your outside leg into the cable strap. Keep your arms and legs straight. Return to the starting position.

Muscles affected: S, W

30 STRANDING CURL

Attach the bar to the low cable. Stand with your feet and hold the bar with an overhead grip. Keep your arms at your sides and pull the bar up to your chest. Return to the starting position.

Muscles affected: C, E

31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways and extend one arm to the side and hold the handle with your other arm. Bend to the side as shown. Return to the starting position.

Muscles affected: L, Q, Q

32 BENT LATERAL RAISE

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downward and hold the handle with your other arm. Bend to the side as shown. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the bar to the low cable. Stand with your arms and hold the bar with an overhead grip. Keep your arms straight, raise the bar to the level of your chest. Return to the starting position.

Muscles affected: L, R, Q

34 UPRIGHT ROW

Attach the bar to the low cable. Hold the bar with an overhead grip. Pull the bar up to your chest. Return to the starting position.

Muscles affected: C, E, L, Q, R, Q

35 BENT ROW

Attach the handles to the low cable. Stand sideways and extend your arms, and bend the handles with an overhead grip. Keep your arms straight and pull the handles toward your chest. Return to the starting position.

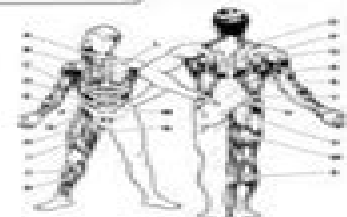
Muscles affected: C, E, S, P, Q, S, T

36 SEATED ROW

Attach the bar to the low cable. Set on the seat and hold the bar with an overhead grip. Pull the bar up to your chest. Return to the starting position.

Muscles affected: C, E, S, P, Q, S, T

MUSCLE CHART



- A. Deltomastoid (neck)
- B. Pectoralis Major (chest)
- C. Trapezius (upper back)
- D. Biceps (front of arm)
- E. Triceps (back of arm)
- F. Brachioradialis (forearm)
- G. Hip Flexors (upper thigh)
- H. Adductor (inner thigh)
- I. Quadriceps (front of thigh)
- J. Gastrocnemius (calf)
- K. Soleus (back of calf)
- L. Gluteus Maximus (buttocks)
- M. Rectus Abdominus (abdomen)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Deltomastoid (neck)
- Q. Pectoralis (chest)
- R. Biceps (front of arm)
- S. Triceps (back of arm)
- T. Latissimus (side of back)
- U. Erector Spinae (lower back)
- V. Gluteus Medius (hip)
- W. Gluteus Maximus (buttocks)
- X. Hamstring (back of leg)
- Y. Gastrocnemius (back of calf)

Weider Home Gym 9900 Exercise Guide

Nicolas Andreou

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Table of Contents Weider Home Gym 9900 Exercise Guide

1. Understanding the eBook Weider Home Gym 9900 Exercise Guide
 - The Rise of Digital Reading Weider Home Gym 9900 Exercise Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Weider Home Gym 9900 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 Home Gym 9900 Exercise Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weider Home Gym 9900 Exercise Guide
 - Personalized Recommendations
 - Weider Home Gym 9900 Exercise Guide User Reviews and Ratings

- Weider Home Gym 9900 Exercise Guide and Bestseller Lists
- 5. Accessing Weider Home Gym 9900 Exercise Guide Free and Paid eBooks
 - Weider Home Gym 9900 Exercise Guide Public Domain eBooks
 - Weider Home Gym 9900 Exercise Guide eBook Subscription Services
 - Weider Home Gym 9900 Exercise Guide Budget-Friendly Options
- 6. Navigating Weider Home Gym 9900 Exercise Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Weider Home Gym 9900 Exercise Guide Compatibility with Devices
 - Weider Home Gym 9900 Exercise Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weider Home Gym 9900 Exercise Guide
 - Highlighting and Note-Taking Weider Home Gym 9900 Exercise Guide
 - Interactive Elements Weider Home Gym 9900 Exercise Guide
- 8. Staying Engaged with Weider Home Gym 9900 Exercise Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weider Home Gym 9900 Exercise Guide
- 9. Balancing eBooks and Physical Books Weider Home Gym 9900 Exercise Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weider Home Gym 9900 Exercise Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Weider Home Gym 9900 Exercise Guide
 - Setting Reading Goals Weider Home Gym 9900 Exercise Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weider Home Gym 9900 Exercise Guide
 - Fact-Checking eBook Content of Weider Home Gym 9900 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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