

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Extend your legs straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY SPREADS**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Keep your arms straight. Return to the starting position.

Muscles affected: L, L, M

**3 BICEPS CURL**

Sit on the seat and hold the handles with your hands. Extend your legs straight. Extend your arms straight. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Stand with your feet on the floor plates. Keep your arms straight. Return to the starting position.

Muscles affected: M, M

**5 SQUAT**

Stand with your feet on the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: P, L, M

**6 ALTERNATE LEG RAISE**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Extend your arms straight. Return to the starting position.

Muscles affected: B, L, M

**7 VERTICAL KNEE RAISE**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your arms straight. Return to the starting position.

Muscles affected: P, M

**8 AUSTRIAN STEP**

Stand with your feet on the floor plates. Extend your arms straight. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles with your hands. Lower your body. Pull your arms and legs straight. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms on the seat pads. Hold the bar with your hands. Extend your arms straight. Return to the starting position.

Muscles affected: B, L, M

**11 LEG PRESS**

Sit on the seat and place your feet on the floor plates. Extend your legs straight. Return to the starting position.

Muscles affected: M, L, M, B

**12 LEG EXTENSION**

Sit on the seat and place your feet on the floor plates. Extend your legs straight. Return to the starting position.

Muscles affected: L, M

**13 LEG CURL**

Sit on the seat and place your feet on the floor plates. Extend your legs straight. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Stand with your feet on the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESSDOWN**

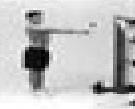
Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: C, M, P, B

**18 TRICEPS EXTENSION**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, M

**19 CROSSEOVER LIFT**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, L, M, B

**20 BACK EXTENSION**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L

**21 DEAD LIFT**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, T, M, M

**22 SHOE SWING**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, L, M

**23 SHOULDER SHRUG**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, L, P, M

**24 OVERHEAD EXTENSION**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, M

**25 ISOLATION CURL**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M

**26 FRONT RAISE**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, M

**27 KNEEL ROCK**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, M, M

**28 HIP ADDUCTION**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M

**29 HIP ABDUCTION**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M

**30 STANDING CURL**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, G, G

**32 BENT LATERAL RAISE**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, G, G

**33 FRONT RAISE**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, G

**34 UPRIGHT ROW**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, G, G

**35 BENT ROW**

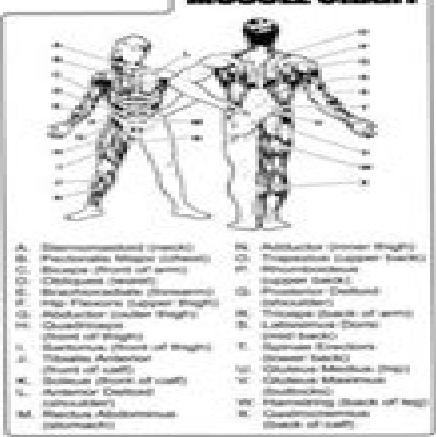
Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, G, G, G

**36 SQUAT PROW**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, G, G, G

**MUSCLE CHART**

Weider Power Guide Chart

AN Whitehead

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Golf Performance Training Gary Bannister, MEd, 2016-04-20 If you've been golfing for any stretch of time you've probably been exposed to the myth that movement based functional training and sport specific exercise can make you a better golfer. Gary Bannister reveals a proven muscle based alternative that gets better results proper strength training. A longtime golfer Bannister has played with some of the world's greatest champions. He established and coached the men's and women's varsity golf teams at Averett College and opened South America's first Nautilus gym which led him to prepare Venezuela's male and female golf teams for the World Team Amateur Championship in 1986. Bannister advises golfers to build the muscles involved in golf in the most efficient and effective way you can without trying to be specific. That means without trying to duplicate the actions of the golf swing. Only after you've done that should you focus on learning to use that strength to your advantage on the golf course. Filled with golfing anecdotes, rich history and exercises that will keep you fit, you'll be amazed by how much your game improves through **Golf Performance Training**

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Library of Congress. Copyright Office, 1961. Includes Part 1 Number 1-2 Books and Pamphlets Including Serials and Contributions to Periodicals January-December

Industry and Power, 1944

Mechanix Illustrated, 1959

Bowker's

Complete Video Directory, 2000 **Catalog of Copyright Entries**, 1929-07 *Catalog of Copyright Entries. Part 1. [B]*

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Shape, 1996-05 Scientific American, 1896 **Popular Mechanics** Henry Haven Windsor, 1950-04 **The Directory of U.S. Trademarks**, 1992 *The SAE Journal*, 1949 Vols 30-54 1932-46 issued in 2 separately paged sections. General editorial section and a Transactions section. Beginning in 1947 the Transactions section is continued as SAE quarterly transactions

Welding Engineer, 1959

Television & Cable Factbook, 1998

AB Bookman's Weekly

, 1994

The Top Books of the Year Weider Power Guide Chart The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels entralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Weider Power Guide Chart : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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