

## 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: C, 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, C, R, S

## 9 STANDING ROW



Muscles affected: C, E, C, 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, W

## 14 STIFF ARM PULL-DOWN



Muscles affected: E, C, R, S

## 15 LAT PULL-DOWN



Muscles affected: C, E, R, S

## 16 BENT ROW



Muscles affected: E, C, R, S

## 17 CALF RAISE



Muscles affected: C, W

## 18 BICEPS-TRICEPS COMBO



Muscles affected: C, E, W

## 19 HIP FLEXION



Muscles affected: P, W, L

## 20 LEG EXTENSION



Muscles affected: W

## 21 LEG CURL



Muscles affected: C, W

## 22 ABDUCTION/ADDUCTION



Muscles affected: C, W, L, S

## 23 HEEL KICK



Muscles affected: W, L, S, W

## 24 SHOULDER RAISE



Muscles affected: C, L

## 25 PREACHER CURL



Muscles affected: C, E

## 26 ABDOMINAL CRUNCH



Muscles affected: W

## 27 OBLIQUE CRUNCH



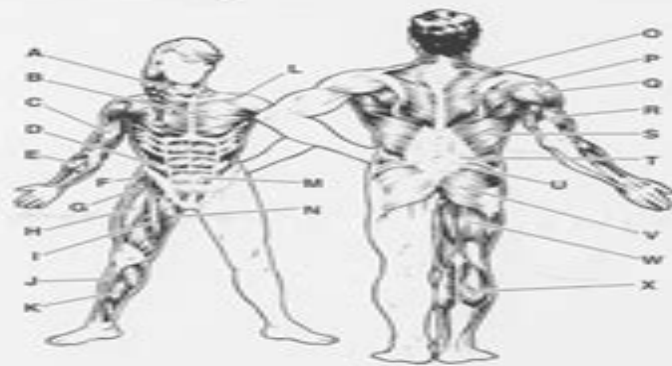
Muscles affected: C, W

## 28 SHOULDER SHRUG



Muscles affected: C, P

# MUSCLE CHART



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The exercises shown can be performed with WEIDER<sup>®</sup> weight systems. However, you may not be able to perform all exercises with your model. For best results, consult your dealer or representative for more information. Use proper technique and posture to prevent injury. Do not perform any exercise if you are injured or have any medical condition.

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Los ejercicios que se muestran se pueden hacer con el sistema de pesas WEIDER<sup>®</sup>. Sin embargo, puede que no pueda hacer todos los ejercicios con su modelo. Para los mejores resultados, consulte con su representante. Use la técnica correcta y la postura adecuada para prevenir lesiones. No haga ningún ejercicio si está lesionado o si tiene alguna condición médica.

**⚠ WARNUNG:** Bitte lesen Sie die Trainingsanweisungen und Sicherheitsvorschriften des Benutzershandbuchs, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können mit WEIDER<sup>®</sup> Gewichtsübungsgeräten durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein bestimmtes Übung mit Ihrem Trainingsmodell nicht ausführen können. Für die besten Ergebnisse, konsultieren Sie Ihren Vertikaler. Verwenden Sie die richtige Technik und Haltung, um Verletzungen zu vermeiden. Führen Sie keine Übung aus, wenn Sie verletzt sind oder eine medizinische Erkrankung haben.

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# Weider Pro 9635 Exercise Guide

**Nicolas Andreou**

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

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**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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