

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Attach the weight selector to the weight stack. Extend your back straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY PRESS**

Adjust the system so it rests on the shoulder. Sit on the seat and hold the handles with your hands. Attach the weight selector to the weight stack. Extend, contract, fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and extend your arms. Use the butterfly arms to spread them. Then use the butterfly arms to bring them closer until they touch. Return. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your knees and your ankles straight and your feet as parallel as possible. Return to the starting position.

Muscles affected: L, M

**5 SQUAT**

Hold the handles with an overhand grip. Extend your legs and your torso. Attach the weight selector to the weight stack. Extend your legs as you push away from the machine. Return to the starting position.

Muscles affected: P, L, M, M

**6 ALTERNATE LEG RAISE**

Adjust the weight selector with your back to the machine and your arms supporting your weight. Extend your legs and your torso. Attach the weight selector to the weight stack. Extend your legs. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, P, M

**7 VERTICAL KNEE RAISE**

Adjust the weight selector with your back to the machine and your arms supporting your weight. Extend your legs and your torso. Attach the weight selector to the weight stack. Extend your legs. Return to the starting position.

Muscles affected: P, M

**8 ASSISTED DIP**

Hold the handles with an overhand grip. Extend the dip handles, extend your arms, straighten your legs. Return to the starting position. Return to the starting position.

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

**9 PULL-UP**

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

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

**10 PREACHER CURL**

Sit on the seat and rest your arms on the seat pad. Hold the bar with an overhand grip. Extend your right arm and your left arm. Return to the starting position.

Muscles affected: B, L, K

**11 LEG PRESS**

Sit on the seat and place your feet on the floor. Attach the weight selector to the weight stack. Extend your legs until your legs are fully extended. Do not rock your knees. Return to the starting position.

Muscles affected: M, L, M, K

**12 LEG EXTENSION**

Sit on the seat and position your feet under the pads on the leg extension. Place your arms on the handles and extend your legs. Return to the starting position.

Muscles affected: L, K

**13 LEG CURL**

Sit on the seat and position your feet under the pads on the leg curl. Attach the leg curl to the leg extension. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Attach the sit-ups to the sit-up pad. Extend your legs and your arms. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Attach the bar to the low cable. Hold the bar with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: B, K

**16 STIFF ARM PUSHDOWN**

Connect the bar to the high cable. Hold the bar with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Attach the bar to the high cable. Hold the bar with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: C, K, P, M

**18 TRICEPS EXTENSION**

Attach the bar to the high cable. Hold the bar with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: B, K

**19 CROSSOVER FLY**

Attach the handles to the crossover. Hold the handles with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: B, L, M, B

**20 BACK EXTENSION**

Attach the bar to the low cable. Hold the bar with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Attach the bar to the low cable. Hold the bar with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: L, M, T, K, M, B

**22 SHOE SWING**

Attach the handles to the low cable. Extend your arms and your torso. Hold the handles with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: C, L, M

**23 SHOULDER SHRUG**

Attach the bar to the low cable. Extend your arms and your torso. Hold the handles with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: L, D, P

**24 OVERHEAD EXTENSION**

Attach the handles to the low cable. Extend your arms and your torso. Hold the handles with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Attach the handles to the low cable. Extend your arms and your torso. Hold the handles with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: C, M

**26 FRONT RICKE**

Attach the pulley strap to the low cable. Hold the pulley strap with your arms. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: P, C, M, P

**27 REEL ROCK**

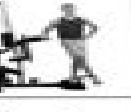
Attach the pulley strap to the low cable. Hold the pulley strap with your arms. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: L, M, M

**28 HIP ADDUCTION**

Attach the pulley strap to the low cable. Hold the pulley strap with your arms. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTOR**

Attach the pulley strap to the low cable. Hold the pulley strap with your arms. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: L, M

**30 STEAMING CURL**

Attach the bar to the low cable. Extend your arms and your torso. Hold the bar with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Attach the handles to the low cable. Extend your arms and your torso. Hold the handles with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: L, C, D, C

**32 BENT LATERAL RAISE**

Attach the handles to the low cable. Extend your arms and your torso. Hold the handles with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: L, C, D, C

**33 FRONT RAISE**

Attach the bar to the low cable. Extend your arms and your torso. Hold the bar with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

Muscles affected: L, P, M

**34 UPRIGHT ROW**

Attach the bar to the low cable. Extend your arms and your torso. Hold the bar with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

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

**35 BENT ROW**

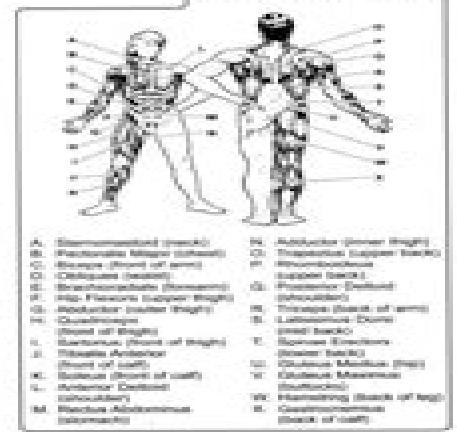
Attach the bar to the low cable. Extend your arms and your torso. Hold the bar with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

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

**36 SEATED ROW**

Attach the bar to the low cable. Sit on the floor and hold the bar with an overhand grip. Extend your arms and your torso. Return to the starting position. Extend your arms to your sides. Return to the starting position.

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

**MUSCLE CHART**

Weider Pro Gym 8900 Workout Guide

Joe Weider

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