

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: G, 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, G, K

9 STANDING ROW



Muscles affected: C, E, G, 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, E

14 STIFF ARM PULL-DOWN



Muscles affected: E, R, S

15 LAT PULL-DOWN



Muscles affected: C, E, R, S

16 BENT ROW



Muscles affected: E, G, R, S

17 CALF RAISE



Muscles affected: K, E

18 BICEPS-TRICEPS COMBO



Muscles affected: C, E

19 HIP FLEXION



Muscles affected: P, L, S

20 LEG EXTENSION



Muscles affected: W

21 LEG CURL



Muscles affected: V, W

22 ABDUCTION/ADDUCTION



Muscles affected: G, D, L, N

23 HEEL KICK



Muscles affected: W, L, V, W

24 SHOULDER RAISE



Muscles affected: L

25 PREACHER CURL



Muscles affected: C, E

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



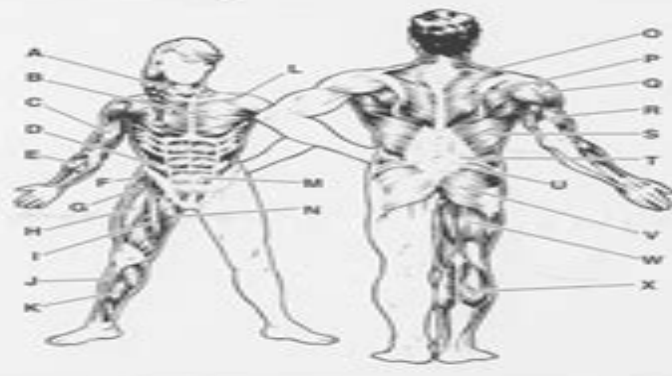
Muscles affected: G, W

28 SHOULDER SHRUG



Muscles affected: G, P

MUSCLE CHART



⚠ WARNING: Read the instruction information and safety precautions in the user's manual before exercising.

The exercises shown can be performed with WEIDER® 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 to prevent injury. Do not perform any exercise unless you are properly instructed.

⚠ AVISO: Lea la información de seguridad e instrucciones de seguridad en el manual del usuario antes de hacer ejercicio.

Los ejercicios que se muestran se pueden hacer con el sistema de pesas WEIDER®. Sin embargo, puede ser posible que no pueda hacer todos los ejercicios con su modelo. Para los mejores resultados, consulte con su representante. Use la técnica correcta para prevenir lesiones. No realice ningún ejercicio a menos que esté correctamente instruido.

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

Die Übungen, die hier gezeigt werden, können mit WEIDER® Gewichtsübungs-Systemen durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein bestimmtes Übung nicht mit Ihrem Trainingsmodell ausführen können. Für die besten Ergebnisse ist es wichtig, dass Sie die richtige Technik anwenden. Verwenden Sie die richtige Technik, um Verletzungen zu vermeiden. Führen Sie keine Übung aus, wenn Sie nicht richtig unterrichtet wurden.

⚠ AVERTISSEMENT: Veuillez lire attentivement les instructions de l'utilisateur avant d'exercer. Le système de peses WEIDER®.

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Weider Max Exercise Guide

Yijin Wang

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

Weider Max Exercise Guide:

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HIT-HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS David Groscup,2015-12-31 In HIT HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS author David Groscup DR HIT provides the reader with effective muscle building training routines using the time and science tested HIT high intensity training protocol which was pioneered by Arthur Jones inventor of the famous Nautilus machines A companion to his other books this volume gives the reader easy to follow routines for practical application of the many different HIT variables or techniques designed to add muscle size and strength rapidly Topics include The right way to use pre exhaust and double pre exhaust techniques to blast your muscles to new growth How to push your muscles past exhaustion a great way to dramatically escalate gains Use negatives build strength and muscle size faster Slow things down to speed gains up Using static holds to break through sticking points Proper micro loading to prevent stagnation How to determine proper training intensity and frequency to avoid overtraining Using a single set to thoroughly train a muscle And much much more Author s blog on high intensity training at <http://drhitshighintensitybodybuilding.blogspot.com> Amazon Author page <http://www.amazon.com/e/B009Q509DI> *Exercise Physiology* Stanley P. Brown,Wayne C. Miller,Jane M. Eason,2006 Bridging the gap between exercise physiology principles and clinical practice this text provides comprehensive coverage of both traditional basic science and clinical exercise physiology principles The book presents clinical applications and examples that connect theory to practice More than 500 full color illustrations and numerous graphs and tables complement the text Reader friendly features including Perspective Boxes Research Highlights Biography Boxes and Case Studies engage readers and reinforce key concepts A bonus three dimensional interactive anatomy CD ROM from Primal Pictures and a Student Resource CD ROM accompany the book LiveAdvise online faculty support and student tutoring services are available free with the text [Video Source Book](#) ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction *Better and Better* Betty

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The acclaimed approach to helping children with autism profiled in the award winning documentary Autism The Musical This groundbreaking book outlines seven integrated keys for educators and parents to make meaningful connections with children on the autism spectrum The book is based on the unique approach used by Elaine Hall and Diane Isaacs of The Miracle Project a musical theater program for children with autism and their peers and siblings The Miracle Project integrates traditional and creative therapies in an interactive social dynamic The book shows how to apply these effective strategies at school and at home to nurture kids self expression and social skills Elaine Hall and The Miracle Project were profiled in the two time Emmy Award winning HBO documentary Autism The Musical Seven Keys reveals the seven step program that has proven so successful for children in the Miracle Project After reading Seven Keys teachers and parents will better understand this puzzling disorder and be able to help children with autism draw connections and form more meaningful relationships Seven Keys to Unlock Autism offers readers strategies for creating a personal skill set to make their encounters with autistic children as successful and rewarding as possible **Willing's Press Guide** ,2003 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts

Muscles in the Movies John D. Fair,David L. Chapman,2020-11-16 John Fair and David Chapman tell the story of how filmmakers use and manipulate the appearance and performances of muscular men and women to enhance the appeal of their productions The authors show how this practice deeply rooted in western epistemological traditions evolved from the art of photography through magic lantern and stage shows into the motion picture industry arguing that the sight of muscles in action induced a higher degree of viewer entertainment From Eugen Sandow to Dwayne The Rock Johnson muscular actors appear capable of performing the miraculous and with the aid of stuntmen and filming contrivances they do By such means muscles are used to perfect the art of illusion inherent in movie making from its earliest days *House & Garden* ,1976 **The Video Source Book** David J. WEINER,1990

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