

**1 BENCH PRESS**

Lie on the bench with your feet flat on the floor. Hold the bar with an overhand grip, arms straight. Push your chest forward. Return to the starting position.

Muscles affected: B.L., M.

**2 MILITARY PRESS**

Lie down with your feet flat on the floor. Hold the bar with an overhand grip, arms straight. Push your chest forward. Return to the starting position.

Muscles affected: L.L., M.

**3 BICEP CURL**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your arms up and down by bending your elbow. Return to the starting position.

Muscles affected: B.L., M.

**4 CALF RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your heels up and down by bending your knee. Return to the starting position.

Muscles affected: H.L., M.

**5 SQUAT**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your heels up and down by bending your knee. Return to the starting position.

Muscles affected: H.L., M.

**6 ALTERNATE LEG RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right leg up and down by bending your knee. Return to the starting position.

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

**7 VERTICAL KNEE RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: P.M.

**8 ASSISTED DIP**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: B.L., L.L., M.

**9 PULL-UP**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: B.L., M.



**! WARNING:** Before beginning any resistance program, consult your physician. This is an intensive program. You should not begin any type of weight training program without first consulting your physician. We do not recommend this program for anyone under 18 years of age.

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**11 LEG PRESS**

Sit on the seat with your feet flat on the floor. Hold the bar with an overhand grip, arms straight. Push your chest forward. Return to the starting position.

Muscles affected: H.L., M., H.L., M.

**12 LEG EXTENSION**

Sit on the seat with your feet flat on the floor. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: H.L.

**13 LEG CURL**

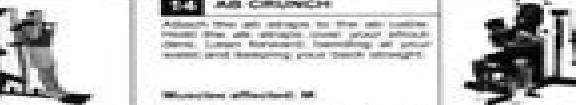
Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: H.L.

**14 ABS CRUNCH**

Lie on the seat with your feet flat on the floor. Hold the bar with an overhand grip, arms straight. Lift your head and shoulders off the floor. Return to the starting position.

Muscles affected: H.L.

**15 TRICEPS PRESS DOWN**

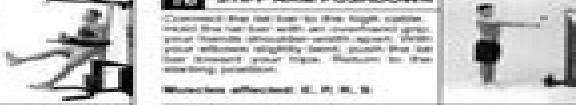
Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: B.L.

**16 STIFF ARM PUSHDOWN**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

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

**17 LAT PULL-DOWN**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: C.L., B.L., M.

**18 TRICEPS EXTENSION**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: B.L.

**19 CROSSOVER FLY**

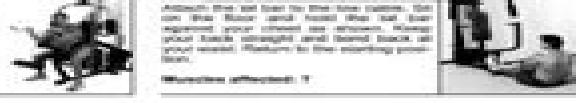
Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: B.L., L.L., M.

**20 BACK EXTENSION**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: H.L.

**21 DEAD LIFT**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: B.L., H.L., M., H.L., M.

**22 SHOE SWING**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: C.L., B.L., M.

**23 SHOULDER SHRUG**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: B.L., H.L.

**24 OVERHEAD EXTENSION**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: H.L., M.

**25 ISOLATION CURL**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: C.L., B.L.

**26 FRONT RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: H.L., M.

**27 HHEEL ROCK**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: H.L., M.

**28 HIP ADDUCTION**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: L.L.

**29 HIP ADDUCTOR**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: L.L.

**30 STEAMER CURL**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: C.L.

**31 LATERAL RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: L.L., C.L., D.L.

**32 SPLIT LATERAL RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: L.L., C.L., D.L.

**33 FRONT RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: L.L., P.L.

**34 UPRIGHT ROW**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: C.L., H.L., L.L., P.L., M.

**35 SPLIT ROW**

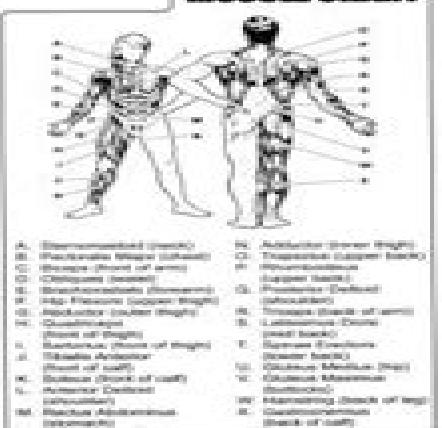
Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: C.L., H.L., L.L., P.L.

**36 SQUAT ROW**

Stand with the bar at your waist. Hold the bar with an overhand grip, arms straight. Lift your right knee up and down by bending your knee. Return to the starting position.

Muscles affected: C.L., H.L., L.L., P.L., M.

**MUSCLE CHART**

**IMPORTANT:** This poster is a guide to locations of muscles that use the weight system using PRECOR® weight machines. Note that your weight system may not have all of the exercises shown. Please refer to your owner's manual for more information.

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# Weider 8510 Exercise Guide

**Clifford Lane**

## Weider 8510 Exercise Guide:

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