

## 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



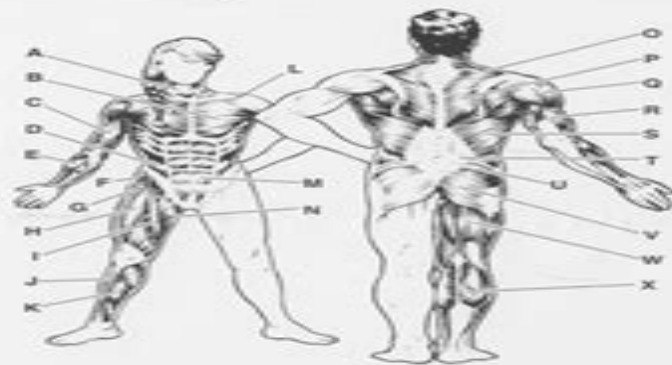
Muscles affected: G, W

## 28 SHOULDER SHRUG



Muscles affected: G, P

# MUSCLE CHART



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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 to prevent injury. Do not perform any exercise if you are injured or have any medical condition. For safety reasons.

**⚠ 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<sup>®</sup>. 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 si está lesionado o tiene alguna condición médica. Por razones de seguridad.

**⚠ WARNUNG:** Bitte lesen Sie die Trainingsanweisungen und Sicherheitsmaßnahmen 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 Training nicht mit Ihrem Trainingsmodell durchführen können. Für die besten Ergebnisse ist es wichtig, dass Sie die richtige Technik anwenden. Vermeiden Sie Verletzungen, indem Sie die richtige Technik anwenden. Wenn Sie eine Verletzung haben oder eine andere gesundheitliche Bedingung haben, sollten Sie das Training nicht durchführen. Aus Sicherheitsgründen.

**⚠ AVERTISSEMENT:** Veuillez lire attentivement les instructions de l'utilisateur avant d'exercer. Le respect de la sécurité est primordial.

Les exercices indiqués peuvent être réalisés avec les systèmes de poids WEIDER<sup>®</sup>. Cependant, vous ne pouvez pas réaliser tous les exercices avec votre modèle de système de poids. Pour de meilleurs résultats, consultez votre représentant. Utilisez la bonne technique pour éviter les blessures. Ne faites aucun exercice si vous êtes blessé ou si vous avez une condition médicale. Pour des raisons de sécurité.

**⚠ AVVERTENZA:** Leggere le istruzioni dell'utente attentamente prima di cominciare l'esercizio. La sicurezza è la prima considerazione.

Gli esercizi indicati possono essere eseguiti con gli sistemi di pesatura WEIDER<sup>®</sup>. Tuttavia, potrebbe non essere in grado di eseguire tutti gli esercizi con il vostro modello. Per i migliori risultati, consultare il vostro rappresentante. Usare la tecnica corretta è importante. Evitare lesioni utilizzando la tecnica corretta. Non eseguire alcun esercizio se si è feriti o si ha una condizione medica. Per motivi di sicurezza.

# Weider Pro Exercise Chart

**Thomas Griffiths**

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.

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