

1 BENCH PRESS

Lie on the bench with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your chest is fully extended. Return to the starting position.

Muscles affected: B.L., M.

**2 MILITARY PRESS**

Lie on the bench with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your chest is fully extended. 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. Lower the bar until your biceps are fully contracted. 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. Lower the bar until your heels are off the floor. 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. Lower the bar until your thighs are parallel to the floor. 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. Supporting your weight, lift one leg at a time until it is parallel to the floor. Lower the leg. Return to the starting position.

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

**7 VERTICAL KNEE RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Supporting your weight, lift one leg at a time until it is parallel to the floor. Lower the leg. 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. Supporting your weight, lift one leg at a time until it is parallel to the floor. Lower the leg. Return to the starting position.

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

**9 PULL-UP**

Grasp the bar with an overhand grip. Lower your body until your chin is above the bar. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and rest your arms on the seat. Hold the bar with an overhand grip. Lower the bar until your biceps are fully contracted. 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 weight training program without your physician's approval. If you experience any pain or discomfort during your weight training, stop immediately and consult your physician.

IMPORTANT: This power exercise is designed for resistance that uses the weight system using PRECOR® weight machines. Make sure your weight system uses the PRECOR® weight system. You must use the correct weight for each exercise to perform all of the exercises safely. Make sure your weights are secured for safety and to prevent injuries.

11 LEG PRESS

Sit on the seat with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your legs are fully extended. 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. Lower the bar until your legs are fully extended. 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. Lower the bar until your legs are fully extended. Return to the starting position.

Muscles affected: H.L.

**14 ABS CRUNCH**

Lie on the bench with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your abs are fully contracted. 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. Lower the bar until your arms are fully extended. 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. Lower the bar until your arms are fully extended. Return to the starting position.

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

**17 LAT PULL-DOWN**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until the bar is level with your chest. Return to the starting position.

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

**18 TRICEPS EXTENSION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. 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. Lower the bar until your arms are fully extended and your torso is angled to the side. 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. Lower the bar until your torso is angled to the side. 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. Lower the bar until your legs are fully extended. Return to the starting position.

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

**22 SHOE SWING**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your legs are fully extended. Return to the starting position.

Muscles affected: C.L., M.

**23 SHOULDER SHRUG**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

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

**24 OVERHEAD EXTENSION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. 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. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: C.L.

**26 FRONT RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. 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. Lower the bar until your arms are fully extended. 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. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H.

**29 HIP ADDUCTION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H.

**30 STEAMROLL CURL**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. 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. Lower the bar until your arms are fully extended. Return to the starting position.

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

**32 SPLIT LATERAL RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

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

**33 FRONT RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. 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. Lower the bar until your arms are fully extended. Return to the starting position.

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

**35 SPLIT ROW**

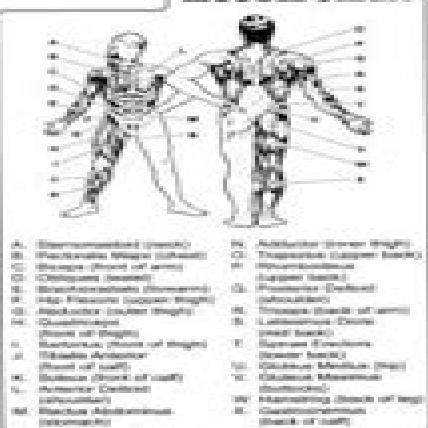
Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

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

**36 BACKTECH ROW**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

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

**MUSCLE CHART**

- A. Deltoid (front deltoid)
- B. Deltoid (lateral deltoid)
- C. Deltoid (posterior deltoid)
- D. Deltoid (trapezius)
- E. Biceps (biceps brachii)
- F. Biceps (brachialis)
- G. Biceps (supinator)
- H. Brachialis (flexor pollicis longus)
- I. Brachialis (flexor pollicis brevis)
- J. Brachialis (flexor digitorum profundus)
- K. Brachialis (flexor digitorum superficialis)
- L. Brachialis (flexor pollicis longus)
- M. Brachialis (flexor pollicis brevis)
- N. Brachialis (flexor digitorum profundus)
- O. Brachialis (flexor digitorum superficialis)
- P. Brachialis (flexor pollicis longus)
- Q. Brachialis (flexor pollicis brevis)
- R. Brachialis (flexor digitorum profundus)
- S. Brachialis (flexor digitorum superficialis)
- T. Brachialis (flexor pollicis longus)
- U. Brachialis (flexor pollicis brevis)
- V. Brachialis (flexor digitorum profundus)
- W. Brachialis (flexor digitorum superficialis)
- X. Brachialis (flexor pollicis longus)
- Y. Brachialis (flexor pollicis brevis)
- Z. Brachialis (flexor digitorum profundus)

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Michael Seilmaier

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Bowker's Complete Video Directory ,2000 **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 *Bowker's Complete Video Directory 2001* ,2001

Worldwide Franchise Directory Susan Boyles Martin,1991

Popular Science ,1994-09 Popular Science gives our readers the information and

tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better *The Lifestyle Zip Code Analyst* ,1992

The Edge Ben Weider,Joe Weider,Daniel Gastelu,2003 The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight training

Direct Marketing List Source ,1994-02 **Shape** ,1994 **US**

Black Engineer & IT ,2000-07 *Subject Guide to Books in Print* ,1993 **Popular Science** ,1994-07 **Ad \$ Summary**

,2004 Advertising expenditure data across ten media consumer magazines Sunday magazines newspapers outdoor network television spot television syndicated television cable television network radio and national spot radio Lists brands alphabetically and shows total ten media expenditures media used parent company and PIB classification for each brand Also

included in this report are industry class totals and rankings of the top 100 companies of the ten media **Cosmopolitan** Helen Gurley Brown,1994-10

The Folio 400 ,1985 **Popular Science** ,1994-10 Popular Science gives our readers the

information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better *JCPenney [catalog]* ,2003

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