

**1 BENCH PRESS**

Sit on the seat and hold the handles with your hands. Extend your legs and place your feet on the floor. Hold the handles with your hands until your legs are fully extended. Keeping your arms straight, fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**11 LEG PRESS**

Sit on the seat and place your feet on the floor. Hold the handles with your hands 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 hands on the floor and straighten your legs and straighten your arms. Return to the starting position.

Muscles affected: M

**21 DEAD LIFT**

Attach the barbell to the bar handle. Stand with your feet shoulder-width apart and hold the barbell with an overhand grip. Straighten your legs, keeping your arms bent back straight, and pull hard on the barbell until your arms are straight. Return to the starting position.

Muscles affected: L, H, T, M, M

**31 LATERAL RAISE**

Attach a handle to the bar handle. Stand with your feet shoulder-width apart and hold the handle to the side until your arms are level with your shoulders. Return to the starting position.

Muscles affected: L, C, C, C

**2 MILITARY PRESS**

Attach the system bar to the bar handle. Sit on the seat and press the handles together with your hands. Extend your arms straight, keeping your arms straight. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and place your arms and the butterfly arms as shown. Press the butterfly arms toward each other until the pads touch. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your knees at your sides and rise up on your toes as far as possible. Return to the starting position.

Muscles affected: M, H

**5 SQUAT**

Hold the handles with an overhand grip. Step back with your right foot and place your right foot behind your left foot. Keeping your back straight, return to the starting position. Return to the starting position.

Muscles affected: M, L, M, M

**6 ALTERNATE LEG RAISE**

Attach the leg hook with your hands to the system and place your supporting foot on the floor. Hold the leg hook with your hands and raise your leg straight up. Return to the starting position. Alternate legs with each rep.

Muscles affected: B, F, M

**7 VERTICAL KNEE RAISE**

Attach the leg hook with your hands to the system and place your supporting vertical leg. Squeeze your knee flexors as high as possible. Return to the starting position. Repeat with your other leg.

Muscles affected: F, M

**8 ASSISTED DIP**

Place your feet on the floor. Squeeze the dip handles, keeping your arms straight and your knees resting on the pads as shown. Lower lower your body by bending your knees. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles as shown. Lower your body until your arms are straight and your chin is level with your hands. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms on the curl pad. Hold the bar bar with an overhand grip. Extend your right arm and bend back all your muscles. Return to the starting position.

Muscles affected: C, L, K

**22 SHOE SWING**

Attach the bar handle to the bar handle. Stand with your arms extended and hold the bar handle to the side until your arms are straight. Keeping your feet straight, swing your legs forward and back to the side as shown. Return to the starting position.

Muscles affected: C, C, M

**32 SHOULDER SHRUG**

Attach the bar bar to the bar handle. Extend your arms downward and hold the bar handle with an overhand grip. Keeping your arms straight, shrug your shoulders up and down. Return to the starting position.

Muscles affected: L, C, P, F

**23 OVERHEAD EXTENSION**

Attach a handle to the bar handle. Hold the handle behind your shoulder with an overhand grip. Extend your arms upward. Return to the starting position.

Muscles affected: L, M, M

**33 ISOLATION CURL**

Attach a handle to the bar handle. Hold the handle behind your shoulder with an overhand grip. Hold the handle with your other hand and curl the handle toward your chest. Return to the starting position.

Muscles affected: C, C

**24 FRONT RAISE**

Attach the pulley cable to the bar handle. Stand with your arms bent back and your hands at your sides. Hold the bar handle with an overhand grip. Keeping your legs straight and your back straight, pull the bar handle forward until your arms are straight. Return to the starting position.

Muscles affected: F, C, M, P, F

**34 SQUAT PROW**

Attach the curl bar to the bar handle. Set on the floor and hold the curl bar with your hands. Step back with your right foot and place your back straight and your legs straight. Return to the starting position.

Muscles affected: C, L, C, P, D, M, L, T

**25 REEL ROCK**

Attach the pulley cable to the bar handle. Stand with your arms bent back and your hands at your sides. Hold the bar handle with an overhand grip. Keeping your legs straight and your back straight, pull the bar handle forward until your arms are straight. Return to the starting position.

Muscles affected: L, M, M

**35 HIP ADDUCTION**

Attach the cable selector to the bar handle. Hold the cable selector and hold the bar handle with an overhand grip. Keeping your legs straight and your back straight, move the bar handle to the side. Return to the starting position.

Muscles affected: L, M

**26 HIP ADDUCTOR**

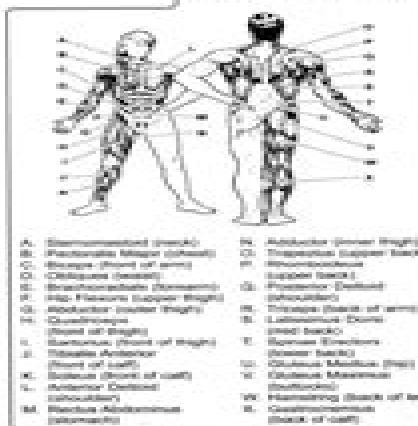
Attach the cable selector to the bar handle. Hold the cable selector and hold the bar handle with an overhand grip. Keeping your legs straight and your back straight, move the bar handle to the side. Return to the starting position.

Muscles affected: L, M

**36 STEADYING CURL**

Attach the bar bar to the bar handle. Extend your arms downward and hold the bar handle with an overhand grip. Keeping your legs straight and your back straight, move the bar handle to the side. Return to the starting position. Do every two seconds. Return to the starting position.

Muscles affected: C, L

**MUSCLE CHART**

**! WARNING:** Before beginning any resistance program, consult your physician. This is especially important for anyone over the age of 30 or for persons who have previously suffered from hypertension, heart disease, or any other serious disorder or condition. Consult your physician before beginning this use of your weight system.

**IMPORTANT:** This power system is designed for resistance training and is not intended for strength training. Make sure that your weight system does not move on its own when you do this program. This program may not be able to perform all of the exercises shown. Make sure your weight system is secured for additional exercise performance.

# Weider Crossbow Exercise Guide

**Tony Ryan, Martica Heaner**

## Weider Crossbow Exercise Guide:

**Consumers Index to Product Evaluations and Information Sources** ,2004 [Cross-Training For Dummies](#) Tony Ryan,Martica Heaner,2011-06-15 Anyone can get into a fitness rut You could be exercising regularly but feeling unmotivated about your current routine Or you could be enjoying your workouts but not getting the results you really want You can even be on health club hiatus and looking for a way to get back into exercise mode Whatever your situation cross training is a practical solution Cross training is a well rounded way of approaching exercise It allows you to vary your workouts so you can inject a little excitement into your fitness routine while you receive better results out of your exercise plan If you have a real thirst for fitness knowledge then Cross Training For Dummies is for you Whether you just want to use cross training as a way to spice up a dull workout routine or you're looking to develop specific skills that will enhance your performance in a specific activity or sport this book can get you on track Cross Training For Dummies will keep you motivated interested strong and injury free as you strive to improve your level of fitness From savvy tips that'll turbo charge your workouts to great advice on weight lifting fitness activities and team sports this book has just what you need to advance to a higher level of fitness Cross Training For Dummies also covers topics that will help you to Assess your fitness level Set personalized exercise goals Have fun with individual and team sports Incorporate kickboxing Pilates spinning and other cutting edge workouts into your routine Understand the five elements of fitness Challenging your body to new fitness levels is hard work but the results are well worth it Cross Training For Dummies will help you understand how cross training works and show you how to put together a well balanced training program that will keep you happy and healthy

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*Spalding Guide to Fitness for the Weekend Athlete* Gary Rosenthal,1976 *Swiss Ball for Total Fitness* James Milligan,2005 Because it's so effective and easy to use even at home the Swiss ball has rapidly become an essential part of a total fitness regime especially in tandem with free weights and a medicine ball These exercises will help you utilize its full potential for building core strength and more because they also work the muscles in the midsection chest back shoulders arms and legs The wide ranging routines go from beginner to advanced **The Core Workout** Joanne Elphinston,Paul Pook,1999 *A Guide to the Crossbow* William Forbes Paterson,1984 History and restoration of crossbows **The Bowflex Body Plan** Ellington Darden, Phd,2003-11-15 THE BOWFLEX BODY PLAN Discover the super secrets for getting the most out of the hottest home workout machine ever We've all seen those attractive Bowflex bodies on television Well you don't have to resemble a model to achieve a Bowflex body Now you can apply the complete science behind what it takes to get that lean muscular look The course of action you're holding in your hands contains the best possible routines and practices that combined cause greater and faster results The Bowflex exercise system is based on the simple bow and arrow principle Its

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[CROSSFIT EXERCISE For Beginners](#) Robert Lugo,2024-05-22

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[Complete Guide to TRX Suspension Training](#) Jay Dawes, 2017 Complete Guide to TRX Suspension Training is the ultimate training guide. Designed to develop strength, power, core stability, flexibility and balance, this guide explains and presents more than 115 of the most effective Suspension Training exercises. With over 30 ready-to-use programs, variations and training advice, this is a must-have for anyone seeking to maximize their workout and their results.

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