

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Attach the bar to the bar. Hold the bar with your hands until your arms are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY PRESS**

Adjust the system so it is positioned for the shoulders. Sit on the seat and press the bar up until your arms are straight. Fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and extend your arms. Do the butterfly arms are shown. Drive the butterfly arms forward with your arms and 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 and your ankles straight and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**5 SQUAT**

Hold the handles with an overhand grip. Hold the handles with your hands and your feet flat on your toes. Do not use your toes. Return to the starting position. Return to the starting position.

Muscles affected: P, L, M, B

**6 ALTERNATE LEG RAISE**

Adjust the seat so it is positioned for the legs. Do the leg raises until your arms are supporting your weight. Hold the seat with your hands and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: B, P, M

**7 VERTICAL KNEE RAISE**

Adjust the seat so it is positioned for your chest. Do the knee raises until your arms are supporting your weight. Hold the seat with your hands and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, M

**8 ARRESTED DIP**

Hold the handles with an overhand grip. Extend the dip handles, hold your arms straight and your hands resting on the pads. Do not use your toes. Return to your starting position by bending your knees. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles with an overhand grip. Do not use your toes. Do not use your arms and your feet flat on your toes. Do not use your toes. 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 seat. Hold the bar with an overhand grip. Extend your right arm and hold the bar with your right hand. Return to the starting position.

Muscles affected: C, L, K

**11 LEG PRESS**

Sit on the seat and place your feet on the floor. Hold the handles with your hands. Do not hold the handles until your legs are fully extended. Do not lock 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 handles. Extend your legs straight and strong. Return to the starting position.

Muscles affected: L, M

**13 LEG CURL**

Stand with the back of one leg resting against one of the pads on the leg curl. Hold the leg behind your knee. Return to the starting position. Return to the starting position.

Muscles affected: M

**14 JAB CRUNCH**

Adjust the seat so it is positioned for your abs. Hold the handles with your hands. Extend your legs straight and strong. Return to your starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Adjust the seat so it is positioned for your triceps. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to your starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar bar to the leg cables. Hold the bar with an overhand grip. Extend your arms straight and hold the handles close to your torso. Return to your starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Adjust the seat so it is positioned for your lat. Hold the handles, extend your arms and hold the handles close to your torso. Return to your starting position.

Muscles affected: C, M, P, B

**18 TRICEPS EXTENSION**

Adjust the seat so it is positioned for your triceps. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to your starting position.

Muscles affected: B, M

**19 CROSSOVER FLY**

Adjust the handles so it is positioned for your chest. Hold the handles with your hands. Extend your arms straight and hold the handles together in front of you as ifugging position. Return to the starting position.

Muscles affected: B, L, C, M

**20 BACK EXTENSION**

Adjust the seat so it is positioned for your back. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Adjust the seat so it is positioned for your back. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: L, M, T, Y, M

**22 SHOE SWING**

Adjust the handles so it is positioned for your legs. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: C, E, M

**23 SHOULDER SHRUG**

Adjust the seat so it is positioned for your shoulders. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: L, C, P

**24 OVERHEAD EXTENSION**

Adjust the handles so it is positioned for your shoulders. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Adjust the handles so it is positioned for your biceps. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: C, M

**26 FRONT RAISE**

Adjust the handles so it is positioned for your shoulders. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: P, C, M, P

**27 REEL ROCK**

Adjust the seat so it is positioned for your back. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: L, M, M

**28 HIP ADDUCTION**

Adjust the seat so it is positioned for your hips. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTOR**

Adjust the seat so it is positioned for your hips. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: L, M

**30 STEAMING CURL**

Adjust the seat so it is positioned for your back. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position. Do every two seconds.

Muscles affected: C, M

**31 LATERAL RAISE**

Adjust the handles so it is positioned for your shoulders. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: L, C, D, C

**32 BENT LATERAL RAISE**

Adjust the handles so it is positioned for your shoulders. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: L, C, D, C

**33 FRONT RAISE**

Adjust the handles so it is positioned for your shoulders. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

Muscles affected: L, P, C

**34 UPRIGHT ROW**

Adjust the seat so it is positioned for your back. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

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

**35 BENT ROW**

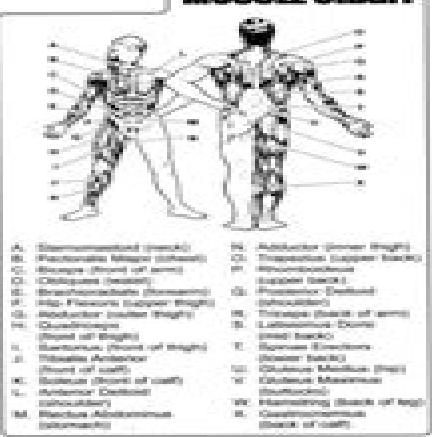
Adjust the handles so it is positioned for your back. Hold the handles with your hands. Extend your arms straight and hold the handles close to your torso. Return to the starting position.

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

**36 SQUAT ROW**

Adjust the seat so it is positioned for your legs. Hold the bar and hold the bar with your hands. Extend your arms straight and hold the bar close to your torso. Return to the starting position.

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

**MUSCLE CHART**

Weider 8530 Exercise Guide

Clifford Lane

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