

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 down 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. 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. Supporting your weight, lift your knees until they are parallel to the floor. 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, bend your knees, lowering your body. 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 especially important for those who have been inactive for a long time or for those who have a pre-existing medical condition. If you experience any pain or discomfort during your workout, stop immediately. If the pain continues, consult your physician.

IMPORTANT: This power exercise is designed for resistance that uses the weightlifting using resistance weight system. Make sure that your weight system is set up correctly and that all of the weights are in place before you begin to use the power system. All of the exercises shown in this guide are for resistance weight system.

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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. 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 back of one leg resting against one of the pads on the leg curl machine. Hold the bar with an overhand grip. Lower the bar until your leg is straight. Return to the starting position.

Muscles affected: H.L.

**14 ABS CRUNCH**

Lie on the mat with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your stomach is 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., M.

**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 the floor. 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., M.

**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: H.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: L.H., H.L., M., H.L.

**22 SHOE SHINE**

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: L.H., H.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: L.H., H.L., M.

**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: H.L., M.

**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 the floor is level with your feet. 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 legs 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 legs are fully extended. Return to the starting position.

Muscles affected: L.H.

**30 STEAMER 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., M.

**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.H., C.L., M.

**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.H., C.L., M.

**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.H., M.

**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., M.

**35 SPLIT ROW**

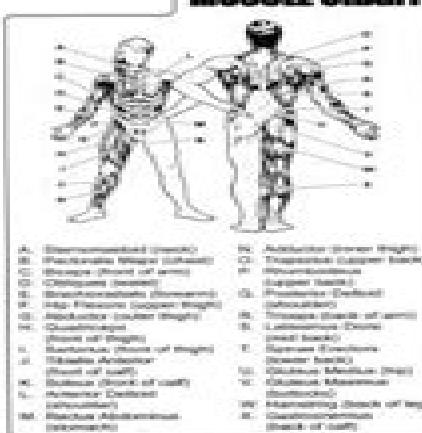
Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

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

**36 SQUAT 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., M.

**MUSCLE CHART**

- A. Deltoid (front deltoid)
- B. Deltoid (lateral deltoid)
- C. Deltoid (posterior deltoid)
- D. Biceps (biceps brachii)
- E. Biceps (long head)
- F. Biceps (short head)
- G. Brachialis (brachialis)
- H. Brachioradialis (brachioradialis)
- I. Brachioradialis (long head)
- J. Brachioradialis (short head)
- K. Brachioradialis (lateral triceps)
- L. Brachioradialis (posterior triceps)
- M. Brachioradialis (lateral deltoid)
- N. Brachioradialis (posterior deltoid)
- O. Brachioradialis (lateral triceps)
- P. Brachioradialis (posterior triceps)
- Q. Brachioradialis (lateral deltoid)
- R. Brachioradialis (posterior deltoid)
- S. Brachioradialis (lateral triceps)
- T. Brachioradialis (posterior triceps)
- U. Brachioradialis (lateral deltoid)
- V. Brachioradialis (posterior deltoid)
- W. Brachioradialis (lateral triceps)
- X. Brachioradialis (posterior triceps)
- Y. Abductor (lateral thigh)
- Z. Adductor (lateral thigh)

Weider 8510 Exercise Guide

Nicolas Andreou

Weider 8510 Exercise Guide:

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