

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your arms until your upper arms are straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

2 MILITARY PRESS

Adjust the system as required for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, R

3 BUTTERFLY

Sit on the seat and place your arms on 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 arms at your sides and rise up on your heels as far as possible. Return to the starting position.

Muscles affected: K, R

5 SQUAT

Hold the handles with an overhand grip, and straighten your legs. Slowly bend your legs as shown. DO NOT allow your lower back to arch. Return to the starting position.

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Secure the VCR arms with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Repeat raising your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W

7 VERTICAL KNEE RAISE

Mount the VCR arms with your back to the system and your arms supporting your weight. Slowly raise your knees as high as they will go. Keep your legs straight and your arms supporting your legs. Return to the starting position.

Muscles affected: F, W

8 ASSISTED DIP

Select the desired weight setting. Grasp the dip handles, with your arms straight and your knees resting on the pads as shown. Slowly lower your body by bending your elbows. Return to the starting position.

Muscles affected: B, L, Q, P, Q, R, S

9 PULL-UP

Grasp the pull-up handles as shown. Lower your body until your arms are straight. Slowly pull your body up until your chin is over the bar. Return to the starting position.

Muscles affected: C, E, S, P, S, R

10 PREACHER CURL

Sit on the seat and rest your arms on the seat pad. Hold the lat bar with an underhand grip and extend your arms. Slowly curl the lat bar toward your chest. Return to the starting position.

Muscles affected: C, E



11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the foot pedal until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, W, K

12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Place the leg lever until your legs are straight. Return to the starting position.

Muscles affected: H

13 LEG CURL

Stand with the back of one leg resting against one of the pads on the leg lever. Raise the leg level by bending your knee as shown. Return to the starting position.

Muscles affected: H

14 AB CRUNCH

Attach the ab straps to the ab cable. Hold the ab straps over your shoulders. Lean forward, bending at your waist and keeping your back straight.

Muscles affected: W

15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Keep your arms at your sides and curl the lat bar until your arms are straight. Return to the starting position.

Muscles affected: C, E

16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Hold the lat bar with an overhand grip. Your hands should be shoulder-width apart. With your arms straight, push the lat bar forward over your head. Return to the starting position.

Muscles affected: E, P, R, S

17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms up, and hold the ends of the lat bar with an overhand grip. Pull the lat bar down in front of your face. Return to the starting position.

Muscles affected: C, E, P, S

18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: C, E

19 CROSSOVER FLY

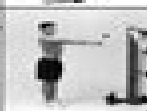
Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, S

20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar against your chest as shown. Keep your back straight and bend back at your waist. Return to the starting position.

Muscles affected: T



21 DEAD LIFT

Attach the lat bar to the low cable. Stand with knees and hold the lat bar with an overhand grip. Extend your legs, keeping your arms and back straight, and your head up. Return to the starting position.

Muscles affected: E, H, T, V, W

22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downward, and hold the handle. Keep your arms at your sides and bend to the side as shown. Return to the starting position.

Muscles affected: C, E, M

23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms downward and hold the lat bar with an overhand grip. Keep your arms at your sides, shrug your shoulders up, and return to the starting position.

Muscles affected: E, Q, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arms upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, S

25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm downward and hold the handle with an overhand grip. Keep your elbows at your sides and curl the handle toward your chest. Return to the starting position.

Muscles affected: C, E

26 FRONT KICK

Attach the ankle strap to the low cable. Stand with knees and hold one leg into the ankle strap. Keep your leg straight and kick it forward as shown. Return to the starting position.

Muscles affected: F, Q, P, S

27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap with your heel against the bar. Kick your leg back as shown. Return to the starting position.

Muscles affected: L, V, W

28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your inside leg into the ankle strap. Keep your arms straight and cross them to the side. Return to the starting position.

Muscles affected: L, R

29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your outside leg into the ankle strap. Keep your leg straight and cross them to the side. Return to the starting position.

Muscles affected: S, V

30 STRANDED CURL

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar with an underhand grip. Keep your elbows at your sides and curl the lat bar toward your chest. Return to the starting position. To vary the exercise, hold the lat bar with an overhand grip.

Muscles affected: C, E



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm downward, and hold the handle. Keep your arms straight and raise the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: L, Q, Q

32 BENT LATERAL RAISE

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downward, and hold the handle. Keep your arms straight and raise the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the lat bar to the low cable. Extend both arms downward and hold the lat bar with an overhand grip. Keeping your arms straight, raise the lat bar until your hands are level with your shoulders. Return to the starting position.

Muscles affected: L, P, Q

34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Pull the curl bar to your chest. Return to the starting position.

Muscles affected: C, E, L, Q, P, Q

35 BENT ROW

Attach the handles to the low cable. Bend forward, extend your arms, and hold the handles with an overhand grip. Keeping your back straight, pull the handles toward your chest. Return to the starting position.

Muscles affected: C, E, Q, P, Q, S, T

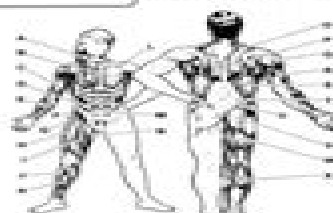
36 SEATED ROW

Attach the curl bar to the low cable. Sit on the floor and hold the curl bar with an overhand grip. Pull the curl bar toward your chest and lean back. Return to the starting position.

Muscles affected: C, E, Q, P, Q, S, T



MUSCLE CHART



- | | |
|-----------------------------------|-----------------------------------|
| A. Deltomastoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboides (upper back) |
| D. Triceps (back of arm) | Q. Pectoralis (chest) |
| E. Brachioradialis (forearm) | R. Pectoralis (chest) |
| F. Hip Flexors (upper thigh) | S. Quadriceps (thighs) |
| G. Adductor (inner thigh) | T. Latissimus Dorsi (back of arm) |
| H. Quadriceps (front of thigh) | U. Erector Spinae (lower back) |
| I. Sartorius (front of thigh) | V. Gluteus Maximus (buttocks) |
| J. Gluteus Medius (back of thigh) | W. Gluteus Medius (back of thigh) |
| K. Soleus (back of calf) | X. Gastrocnemius (back of calf) |
| L. Gastrocnemius (back of calf) | |
| M. Rectus Abdominus (abdomen) | |

Weider Home Gym Exercise Guide Chart

Lawrence H Young

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Weider Home Gym Exercise Guide Chart:

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 *Shape*, 1994 **Popular Mechanics**, 1966-04 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **America Buys**, 1981 **The Home Workout Plan for Beginners** Dale L Roberts, 2019-02-06 Workout at Home with this Exercise Program for Beginners Are you ready to finally start working out but don't know where to begin Wouldn't it be nice to get a simple exercise program you can do from the comforts of your home Then The Home Workout Plan for Beginners has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources The Home Workout Plan for Beginners gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In The Home Workout Plan for Beginners you'll discover Why you don't have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don't have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results ASAP Stop hoping to get results by blindly searching online for answers Get the right information on the best steps for a beginner's home workout plan right NOW Get Your Copy and Start Your NEW At Home Workout Routine TODAY **Home Fitness Regimen Training Guide** Shawn Burke, 2021-01-17 Do you want an easy and affordable option for your daily fitness schedule If you think maintaining fitness starts and stops at the gym you need to think again While going to those establishments is all well and good they're not the be all and end all when it comes to keeping physically at times even mentally fit Sure they have the fancy equipment the trainers who can keep you on track and other amenities to make working out a luxurious experience But at the end of the day what's most important is you and how you feel And you can keep fit just as well at home as you do in any gym Finding Time For Fitness Is Never Easy But Home Training Could Provide The Answer From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house at home workouts could be the key to your fitness Discover How To Incorporate Home Fitness Programs In Your Daily Routine To Lose Weight Get Fit And Look Good Right From The Comfort Of Your Home So here's what you are going to discover in this Advanced Home Fitness Regimen Info Course A General Overview About Home Fitness Regimens Find Out How To Create Your Awesome Home Gym Explore How Muscle Growth Works Discover Everything About Using Intensity Techniques to Unlock Your Full Potential Find Out About Training

Your Legs At Home Know Everything About Bodyweight Training and How to Learn Incredible Beast Moves Find Out About Introducing Cardio and Weight Loss Discover The Last Piece of the Puzzle Diet Find Out All About The Benefits of Staying Fit Discover All About Doing It For Yourself And So Much More Finding Time For Fitness Is Never Easy But Home Training Could Provide The Answer From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house at home workouts could be the key to your fitness Home Fitness entails exactly what it implies executing your personal fitness routine while at home using a variety of different techniques Home fitness has been in our lives for decades and it's taken on a new role since the Covid 19 pandemic closed gyms around the world Whether it's a yoga class on Zoom or panic buying a Peloton many of us are trying to find ways to exercise effectively within four walls Whether you are looking to improve your cardiovascular system lose weight gain lean muscle mass or just stay active in home training has a place in your life And the benefits of staying fit are no secret Improvements in cardiovascular and respiratory health better regulation of blood sugar the potential to reduce or eliminate prescription medications such as for diabetes or blood pressure weight loss reduction in cancer risk and improved musculoskeletal strength are some of the better known But when you're working out at home you're responsible for the whole plan What exercises should you do How many reps of each How often should you rest Are you feeling a cardio workout An upper body workout Or do you want to fit in a total body workout instead For many of us answering all these questions is an added stress we'd rather avoid right now And the good news is that's something you can avoid without skipping your workout We are about to show you an immaculate at home workout program that takes the guesswork out for you and will give you the whole exercise plan

The 90-Day Home Workout Plan Dale L. Roberts, 2018-12-05 Are you looking for simple home workout routines for men Do you want to know how to build muscle and lose fat forever Then The 90 Day Home Workout Plan is for you Get time tested and proven home workouts for men that'll get you burning fat building muscle and feeling great in no time With over 3 months of workout routines you'll get on track and stay on track for good

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The Beginner's Home Workout Plan Dale L. Roberts, 2016-06-13 Are you ready to finally begin working out but don't know where to start Wouldn't it be nice to get a simple exercise program you can do anywhere and at any time Then The Beginner's Home Workout Plan has exactly what you need without all the extra filler The 1 Best Selling Fitness Author Dale L Roberts put together the best first step for anyone new to fitness Stop fooling around with stupid fad diets trendy workout programs or shaky theories that don't have a leg to stand on You need sound advice on the fundamentals of working out with credible resources and proven results The Beginner's Home Workout Plan gives everything you need to start your new healthy lifestyle on the right foot and continue

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Equipment & Fitness Exercises Bob Babson,2025-07-15 A Complete Guide to At Home Workouts Tips Equipment Fitness Exercises by Bob Babson Description Get fit stay strong and feel your best right from home Whether you re a beginner or looking to upgrade your home fitness routine this complete guide helps you create effective efficient workouts without the need for a gym From bodyweight moves to simple gear suggestions you ll find everything you need to start and stay motivated Inside you ll discover Easy to follow workouts for strength cardio flexibility and balance How to choose affordable

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[Exercise and Muscle Guide](#) Bruce Algra, 1982 *Fitness at Home* StoryBuddiesPlay, 2024-08-16 *Fitness at Home: Effective Workouts with Minimal Equipment* is your ultimate guide to achieving your fitness goals without the need for a gym. This comprehensive resource offers a variety of bodyweight exercises and routines tailored for all fitness levels, focusing on strength, cardio, flexibility, and core stability. With practical tips for creating a personalized workout plan, staying motivated, and overcoming common challenges, you'll be empowered to embrace a healthier lifestyle from the comfort of your home. Whether you're a beginner or an experienced athlete, this guide will help you unlock your potential and make fitness an enjoyable part of your daily routine. *Home Workouts: Bodyweight Exercises* *Fitness at Home: Strength Training* *Cardio Workouts* *Flexibility Training* *Core Strength Workout Plan* *Motivation for Fitness* *Minimal Equipment Workouts*

DIY Exercises and Routines Amedeo Boyle, 2020-12-11 *Do It Yourself Exercises and Routines* Book is the ultimate guide for anyone who wants to stay fit and active, especially while at home and without any equipment. You can stay at home and not have to worry about going to the gym or purchasing any equipment. The book contains several workout routines with different difficulty levels: beginner, intermediate, and advanced. The routines empower you to gain control and improve your fitness level while having fun at the same time. The variety of routines is very rich, and you can flip through the book to pick a number of workouts that suit your body type and workout at your own pace. With this

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you with many beginner exercise routines to follow a starter 6 week workout plan lots of basic dietary information and much more to get you burning fat efficiently Although exercise and a healthy diet may be difficult it s needed to make a change to your lifestyle and it really is for the best I couldn t count all of the health risks you have by being overweight with one hand and unfortunately there aren t any magic drinks out there that will make you burn all of your fat overnight This book mainly focuses on providing you with many basic workouts to get you on track to lose weight By following the information in this book and putting in the work you will be able to lose weight burn fat at a constant rate and maintain a healthy lifestyle for the foreseeable future This brings many benefits like increased confidence better body shape reduced health issues and so on This book is for beginners and takes into consideration the restrictions that people face My Friend with a BMI of 33.1 and osteoarthritis in both knees managed to follow my advice to become slimmer more confident and experience less knee pain in just 6 weeks So if restrictions didn t stop him why should it stop you This isn t just a standard exercise guide although it is set up for 6 weeks there is enough information to help you carry it on further Not only that but by reading this book you ll discover The Six Week Starter Workout Routine to Follow from Home How to Correctly Prepare for Exercise The Simple Diet That Accelerates Weight Loss An Insight on How to Adapt Your Mindset to Reach Your Goals Many Steps on How to Leave Your Unhealthy Lifestyle Behind 35 No Equipment Exercises If you continue to live your current lifestyle without making a change then your health will only get worse Trips to the hospital are easily avoided and you really can do it even if you have something holding you back so stop thinking about it and click Add to Cart Now

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