

1 CHEST PRESS



Muscles affected: P, L, S

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, C, W

3 CHEST FLY



Muscles affected: P, L

4 BENT LATERAL RAISE



Muscles affected: P, L, S

5 LATERAL RAISE



Muscles affected: G, D, P

6 SINGLE ARM PREACHER CURL



Muscles affected: C, E

7 TRICEPS KICKBACK



Muscles affected: W

8 UPRIGHT ROW



Muscles affected: C, E, L, G, K

9 STANDING ROW



Muscles affected: C, E, G, R, S, T

10 BICEPS CURL



Muscles affected: C, E

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: W

12 STANDING CURL



Muscles affected: C, E

13 TRICEPS PUSH-DOWN



Muscles affected: C, E

14 STIFF ARM PULL-DOWN



Muscles affected: E, R, S

15 LAT PULL-DOWN



Muscles affected: C, E, R, S

16 BENT ROW



Muscles affected: E, G, R, S

17 CALF RAISE



Muscles affected: K, E

18 BICEPS-TRICEPS COMBO



Muscles affected: C, E

19 HIP FLEXION



Muscles affected: P, L, S

20 LEG EXTENSION



Muscles affected: W

21 LEG CURL



Muscles affected: V, W

22 ABDUCTION/ADDUCTION



Muscles affected: G, D, L, N

23 HEEL KICK



Muscles affected: W, L, V, W

24 SHOULDER RAISE



Muscles affected: L

25 PREACHER CURL



Muscles affected: C, E

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



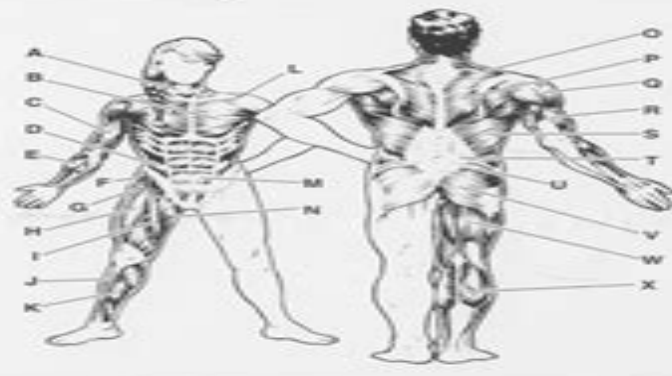
Muscles affected: G, W

28 SHOULDER SHRUG



Muscles affected: G, P

MUSCLE CHART



⚠ WARNING: Read the instruction information and safety precautions in the user's manual before exercising.

The exercises shown can be performed with WEIDER[®] weight systems. However, you may not be able to perform all exercises with your weight. For best results, consult your physician and/or a personal trainer before starting an exercise program. For more exercises.

⚠ AVISO: Lea la información de seguridad e instrucciones de seguridad en el manual del usuario antes de hacer ejercicio.

Los ejercicios que se muestran en este manual pueden ser realizados con los sistemas de pesas WEIDER[®]. Sin embargo, puede que no pueda realizar todos los ejercicios con su peso corporal. Para los mejores resultados, consulte a su médico y/o a un entrenador personal antes de comenzar a hacer ejercicio. Para más ejercicios.

⚠ WARNUNG: Bitte lesen Sie die Trainingsanweisungen und Sicherheitsmaßnahmen des Benutzershandbuchs, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können mit WEIDER[®] Gewichtsübungsgeräten durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein bestimmtes Gewicht nicht heben können. Für die besten Ergebnisse ist es wichtig, vorher mit Ihrem Arzt und/oder einem persönlichen Trainer zu sprechen. Für weitere Informationen über die richtige Trainings- und Rückmeldung für die einzelnen Übungen.

⚠ AVERTISSEMENT: Veuillez lire attentivement les instructions de l'utilisateur avant d'exercer. Le système de peses WEIDER[®].

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Weider Max Exercise Guide

David J. WEINER



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