

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



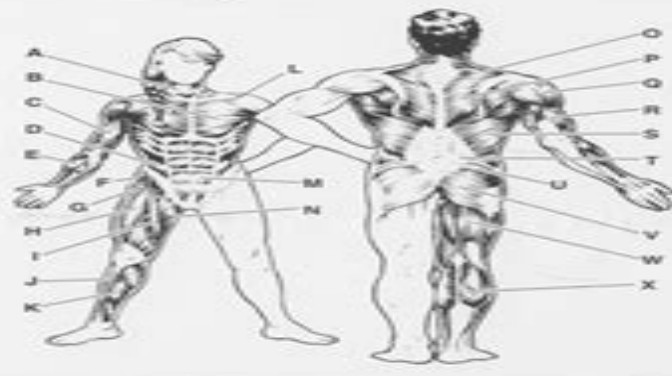
Muscles affected: G, W

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 model. For best results, consult your instructor. Photographs show the correct starting or ending position for each exercise.

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

Los ejercicios que se muestran se pueden hacer con el sistema de pesas WEIDER[®]. Sin embargo, puede ser posible que no pueda hacer todos los ejercicios con su modelo. Para los mejores resultados, consulte con su instructor. Las fotografías muestran la posición correcta para el inicio o el final de cada ejercicio.

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

Die Übungen, die hier gezeigt werden, können mit WEIDER[®] Gewichtsübungsgeräten durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein Übung nicht mit Ihrem Trainingsmodell machen können. Für die besten Ergebnisse ist es wichtig, mit Ihrem Trainer zu sprechen. Die Fotografien zeigen die korrekte Start- und Endposition für die einzelnen Übungen.

⚠ AVERTISSEMENT: Veuillez lire attentivement les instructions de l'utilisateur avant d'exécuter les exercices de musculation.

Les exercices indiqués peuvent être exécutés avec les systèmes de poids WEIDER[®]. Cependant, vous ne pouvez pas tous les réaliser avec votre modèle d'appareil. Pour de meilleurs résultats, consultez votre instructeur. Les photographies illustrent la position correcte au début et à la fin de chaque exercice pour chaque mouvement.

⚠ AVVERTENZA: Leggere le istruzioni dell'utente attentamente prima di eseguire gli esercizi di allenamento.

Gli esercizi indicati possono essere eseguiti con gli sistemi di pesatura WEIDER[®]. Tuttavia, potrebbe non essere in grado di eseguire tutti gli esercizi con il vostro modello. Per i migliori risultati, consultare l'istruttore. Le fotografie mostrano la posizione di inizio e fine corretta per ciascun esercizio.

Weider Pro Exercise Chart

M Mosston

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'M Mosston' text.

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1. Understanding the eBook Weider Pro Exercise Chart
 - The Rise of Digital Reading Weider Pro Exercise Chart
 - Advantages of eBooks Over Traditional Books
2. Identifying Weider Pro Exercise Chart
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weider Pro Exercise Chart
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weider Pro Exercise Chart
 - Personalized Recommendations
 - Weider Pro Exercise Chart User Reviews and Ratings
 - Weider Pro Exercise Chart and Bestseller Lists
5. Accessing Weider Pro Exercise Chart Free and Paid eBooks
 - Weider Pro Exercise Chart Public Domain eBooks
 - Weider Pro Exercise Chart eBook Subscription Services
 - Weider Pro Exercise Chart Budget-Friendly Options

6. Navigating Weider Pro Exercise Chart eBook Formats
 - ePub, PDF, MOBI, and More
 - Weider Pro Exercise Chart Compatibility with Devices
 - Weider Pro Exercise Chart Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weider Pro Exercise Chart
 - Highlighting and Note-Taking Weider Pro Exercise Chart
 - Interactive Elements Weider Pro Exercise Chart
8. Staying Engaged with Weider Pro Exercise Chart
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weider Pro Exercise Chart
9. Balancing eBooks and Physical Books Weider Pro Exercise Chart
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weider Pro Exercise Chart
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Weider Pro Exercise Chart
 - Setting Reading Goals Weider Pro Exercise Chart
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Weider Pro Exercise Chart
 - Fact-Checking eBook Content of Weider Pro Exercise Chart
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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