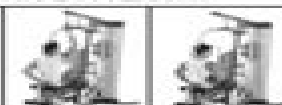


1 CHEST PRESS



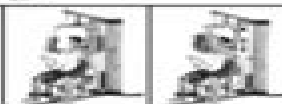
Muscles affected: P, C, A, M

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, C, B, M

3 CHEST FLY



Muscles affected: P, C

4 BENT LATERAL RAISE



Muscles affected: L, B, M

5 LATERAL RAISE



Muscles affected: L, B, M

6 SINGLE ARM PREACHER CURL



Muscles affected: B, C

7 TRICEPS KICKBACK



Muscles affected: M

8 UPRIGHT ROW



Muscles affected: C, L, B, M

9 STANDING ROW



10 BICEPS CURL



Muscles affected: C, B

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: M

12 STANDING CURL



Muscles affected: C, B

13 TRICEPS PUSH-DOWN



Muscles affected: M, M

14 STIFF ARM PULL-DOWN



Muscles affected: L, B, M, M

15 LAT PULL-DOWN



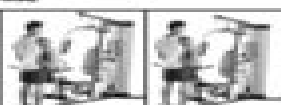
Muscles affected: C, B, M, M

16 BENT ROW



Muscles affected: L, B, M, M

17 CALF RAISE



Muscles affected: M, M

18 BICEPS-TRICEPS COMBO



19 HIP FLEXION



Muscles affected: P, M, L

20 LEG EXTENSION



Muscles affected: M

21 LEG CURL



Muscles affected: L, M

22 ABDUCTION/ADDUCTION



Muscles affected: M, M, L, M

23 HEEL ROCK



Muscles affected: M, L, M, M

24 SHOULDER RAISE



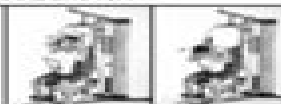
Muscles affected: C, M

25 PREACHER CURL



Muscles affected: C, B

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



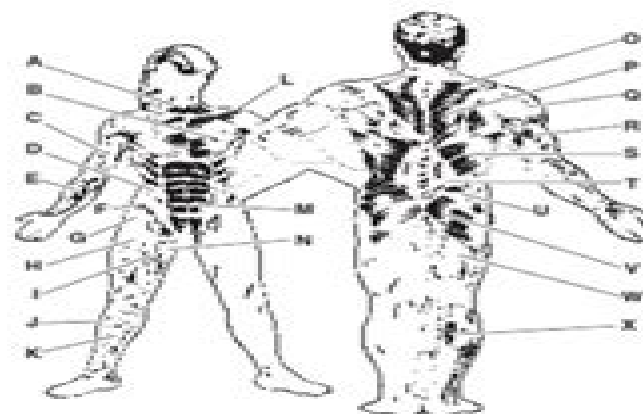
Muscles affected: M, M

28 SHOULDER SHRUG



Muscles affected: C, M

MUSCLE CHART



Weider Pro 4850 Workout Guide

Carolyn Farquhar Ulrich



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