

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Extend your legs straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**11 LEG PRESS**

Sit on the seat and place your feet on the footrest. Extend your legs (parallel). Hold until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: M, L, M, S

12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Place your hands on the handles. Extend your legs and straight. Return to the starting position.

Muscles affected: L, M

**21 DEAD LIFT**

Attach the bar to the floor plates. Stand with your feet shoulder-width apart. Bend your knees and hold the bar with an overhand grip. Keeping your torso straight, pull your head up. Return to the starting position.

Muscles affected: L, M, T, M, M

**3 LATERAL RAISE**

Attach the handle to the floor plates. Stand with your feet shoulder-width apart. Bend your knees and hold the handle to the sides until your arms are straight. Return to the starting position.

Muscles affected: L, M, G, G

**13 LEG CURL**

Sit on the seat with the back of your leg resting against one of the pads on the leg lever. Release the leg lever by bending your leg at the knee. Return to the starting position.

Muscles affected: M

**22 SHOULDER SHRUG**

Attach the bar to the floor plates. Stand with your arms extended and hold the bar with an overhand grip. Keep your torso straight. Pull your head up. Return to the starting position.

Muscles affected: L, G, M

**32 FRONT RAISE**

Attach the bar to the floor plates. Extend both arms downward and hold the bar with an overhand grip. Lift the bar up with your arms straight. Return to the starting position.

Muscles affected: L, M, G

**14 ABS CRUNCH**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: M

**23 OVERHEAD EXTENSION**

Attach a handle to the floor plates. Hold the handle with your hands. Extend your arms straight. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, M, M

**33 UPRIGHT ROW**

This part is the same as the front raise. Bend your torso with an overhand grip. Lift the bar up to your chest. Return to the starting position.

Muscles affected: L, G, M, G, G

**15 SQUAT**

Stand with your feet shoulder-width apart. Bend your knees and hold the bar with an overhand grip. Lower yourself down to a 90° angle. Return to the starting position.

Muscles affected: M, M, M

**24 ISOLATION CURL**

Attach a handle to the floor plates. Hold the handle with your hands. Extend your arms straight. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G

**34 SQUAT ROLL**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G, M, G, G

**16 ALTERNATE LEG RAISE**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your right leg straight. Return to the starting position.

Muscles affected: G, T, M

**25 FRONT ROLL**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G, M, G

**35 SQUAT ROLL**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G, M, G, G

**7 VERTICAL KNEE RAISE**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, M, M

**26 LAT PULL-DOWN**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G, M, M

**36 TRICEPS EXTENSION**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G, M, M

**17 TRICEPS EXTENSION**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G, M, M

**27 HINGE ROCK**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G, M, M

**37 HINGE ADDUCTION**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, M

**18 CROSSOVER LIFT**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G, M, M

**28 HINGE ADDUCTION**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, M

**38 HINGE ADDUCTION**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, M

**19 PREACHER CURL**

Sit on the seat and hold your arms out straight. Extend your legs and hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G, M

**29 BACK EXTENSION**

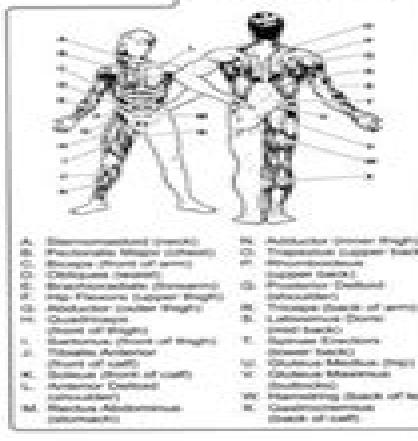
Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G, M, M

**39 STANDING CURL**

Attach the bar to the floor plates. Hold the bar with an overhand grip. Lift your torso from the floor. Return to the starting position.

Muscles affected: L, G, M

**MUSCLE CHART**

Weider Exercise Guide

Tao Wei

Weider Exercise Guide:

Argos catalogue 1989 -1990 old vintage book KCC, Argos catalogue 1989 1990 old vintage book **The Edge** Ben Weider,Joe Weider,Daniel Gastelu,2003-01-27 Ben and Joe Weider are the legendary founders of the modern fitness movement Their name is synonymous with athletic excellence and their proven programs have created champion bodybuilders and sports professionals for more than fifty years making Weider Nutrition International the number one sports nutrition company in the world Now in The Edge the Weiders share the training secrets of the pros that can help anyone interested in fitness achieve peak performance Here s why athletes and weekend warriors alike need The Edge Cutting edge research The most advanced scientific research on supplements and nutrition informs the book offering readers a definitive guide to natural performance enhancing supplements as an alternative to steroids Specificity Fitness goals weight training and nutrition programs tailored to individual needs The Weider Triangle Method This simple program combines weight training nutrition and skill training Variable Weight Training As the founders of the International Federation of Bodybuilders nobody knows more than the Weiders about weight training All of the recommended exercises are demonstrated in photographs by natural bodybuilding champions Mike O Hearn and Gea Johnson Dynanutrition A revolutionary nutrition program based on the Weiders 10 Commandments of Nutrition The Edge is an effective prescription for anyone who wants to be on top of their game and look their best while they re playing it **The Edge** Ben Weider,2003 *Dr. Gallagher's Guide to 21st Century Medicine* Atlas Publishing Company,Martin P. Gallagher,1997-08

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the statistics for obesity have been alarming in the twenty first century concern about fatness has a history In Fighting Fat Wendy Mitchinson discusses the history of obesity and fatness from 1920 to 1980 in Canada Through the context of body medicine weight measurement food studies fat studies and the identity of those who were fat Mitchinson examines the attitudes and practices of medical practitioners nutritionists educators and those who see themselves as fat Fighting Fat analyzes a number of sources to expose our culture's obsession with body image Mitchinson looks at medical journals both their articles and the advertisements for drugs for obesity as well as magazine articles and advertisements including popular before and after weight loss stories Promotional advertisements reveal how the media encourages negative attitudes towards body fat The book also includes over 30 interviews with Canadians who defined themselves as fat highlighting the emotional toll caused by the stigmatizing of fatness **Willing's Press Guide** ,2004 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts

Aquatic Exercise Ruth Sova,1993 **Video Source Book** ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Forbes** ,1987

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