

**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, T, M

**2 MILITARY SPREADS**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Keep your torso upright and extend your arms. Return to the starting position.

Muscles affected: L, T, M

**3 BICEPS CURL**

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

Muscles affected: B, T

**4 CALF RAISE**

Stand with your feet on the floor plates. Keep your torso upright and extend your legs straight. Lift your heels off the floor and hold. Return to the starting position.

Muscles affected: M, B

**5 SQUAT**

Stand with your feet on the floor plates. Extend your arms straight. Extend your torso upright and extend your legs straight. Return to the starting position. Return to the starting position.

Muscles affected: P, L, M

**6 ALTERNATE LEG RAISE**

Attach the system with your feet. Sit on the seat and hold the handles with your hands. Extend your torso upright and extend your legs straight. Lift your right leg and hold. Return to the starting position. Repeat with your left leg.

Muscles affected: B, T, M

**7 VERTICAL KNEE RAISE**

Attach the system with your feet. Sit on the seat and hold the handles with your hands. Extend your torso upright and extend your legs straight. Lift your right knee and hold. Return to the starting position.

Muscles affected: T, M

**8 AUSTRIAN STEP**

Attach the system with your feet. Sit on the seat and hold the handles with your hands. Extend your torso upright and extend your legs straight. Rest your right knee on your left knee. Return to the starting position.

Muscles affected: B, L, T, M, P, M, B

**9 PULL-UP**

Grasp the pull-up handles with your hands. Lower your body. Pull your arms and torso up until your chin is above your chest. Return to the starting position.

Muscles affected: C, L, D, P, B

**10 PREACHER CURL**

Sit on the seat and hold your arms out to the sides. Hold the bar with an overhand grip. Extend your torso upright and extend your legs straight. Return to the starting position.

Muscles affected: B, L, T

**11 LEG PRESS**

Sit on the seat and place your feet on the floor plates. Extend your torso upright and extend your legs straight. Return to the starting position.

Muscles affected: M, T, M, B

**12 LEG EXTENSION**

Sit on the seat and place your feet under the floor plates on the floor. Extend your torso upright and extend your legs straight. Return to the starting position.

Muscles affected: T, M

**13 LEG CURL**

Sit on the seat with the back of your leg resting against one of the pads on the leg extension. Return to the floor. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Lift your torso and hold. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESSDOWN**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Extend your arms forward. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor plates. Extend your torso upright and extend your legs straight. Extend your arms forward. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Extend the arms of the lat bar with an overhand grip. Return to the starting position.

Muscles affected: C, B, M, B

**18 TRICEPS EXTENSION**

Attach the handles to the floor plates. Extend your torso upright and extend your legs straight. Extend your arms forward. Return to the starting position.

Muscles affected: B, M

**19 CROSSEOVER FLY**

Attach the handles to the floor plates. Extend your torso upright and extend your legs straight. Extend your arms forward. Return to the starting position.

Muscles affected: B, L, C, M, B

**20 BACK EXTENSION**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Extend your arms forward. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Keeping your torso upright and straight, bend your knees and pull the bar towards your torso. Return to the starting position.

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

**22 SHOE SWING**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your right leg and hold. Return to the starting position.

Muscles affected: L, B, M

**23 SHOULDER SHRUG**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your shoulders and hold. Return to the starting position.

Muscles affected: L, D, P

**24 OVERHEAD EXTENSION**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Extend your arms forward. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, B

**26 FRONT RAISE**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your arms forward and hold. Return to the starting position.

Muscles affected: L, S, M, P, T

**27 KNEEL ROCK**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your left leg and hold. Return to the starting position.

Muscles affected: L, S, M, P, T

**28 HIP ADDUCTION**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your right leg and hold. Return to the starting position.

Muscles affected: L, M

**29 HIP ABDUCTION**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your left leg and hold. Return to the starting position.

Muscles affected: L, M

**30 SQUATMING CURL**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your right leg and hold. Return to the starting position. Do every two seconds. Repeat the same with your left leg. Return to the starting position.

Muscles affected: C, B

**31 LATERAL RAISE**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, D, P, T

**32 BENT LATERAL RAISE**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, D, P, T

**33 FRONT RAISE**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms forward and hold. Return to the starting position.

Muscles affected: L, P, T

**34 UPRIGHT ROW**

Stand with your feet on the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, D, S, T, P, M

**35 BENT ROW**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, D, S, T, P, M

**36 SQUAT ROW**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, D, S, T, P, M

**37 SQUAT**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms forward and hold. Return to the starting position.

Muscles affected: L, D, S, T, P, M

**38 SQUATTEK ROW**

Stand with your feet on the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, D, S, T, P, M

**39 MUSCLE CHART**

Diagram of the human body showing the major muscle groups and their primary functions.

1. Abdominal (rectus) 11. Adductor (inner thigh)  
2. Abdominal (transversus) 12. Adductor (outer thigh)  
3. Abdominal (sartorius) 13. Adductor (posterior thigh)  
4. Diaphragm 14. Adductor (posterior thigh)  
5. Brachiocephalic (trapezius) 15. Adductor (posterior thigh)  
6. Brachiocephalic (deltoid) 16. Adductor (posterior thigh)  
7. Brachiocephalic (latissimus dorsi) 17. Adductor (posterior thigh)  
8. Brachiocephalic (infraspinatus) 18. Adductor (posterior thigh)  
9. Brachiocephalic (teres major) 19. Adductor (posterior thigh)  
10. Brachiocephalic (teres minor) 20. Adductor (posterior thigh)  
11. Brachiocephalic (posterior deltoid) 21. Adductor (posterior thigh)  
12. Brachiocephalic (anterior deltoid) 22. Adductor (posterior thigh)  
13. Brachiocephalic (posterior deltoid) 23. Adductor (posterior thigh)  
14. Brachiocephalic (anterior deltoid) 24. Adductor (posterior thigh)  
15. Brachiocephalic (posterior deltoid) 25. Adductor (posterior thigh)  
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29. Brachiocephalic (posterior deltoid) 39. Adductor (posterior thigh)  
30. Brachiocephalic (posterior deltoid) 40. Adductor (posterior thigh)

**! WARNING:** Before beginning any resistance program, consult your physician. This is especially important for anyone over the age of 35, for pregnant or nursing women, or for anyone with a pre-existing medical condition. If you experience any pain or discomfort during the use of your weight system, stop immediately.

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# Weider Power Guide Chart

**M Plany**

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**Power**, 1943 **Catalog of Copyright Entries. Third Series**

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Industry and Power, 1944

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**Complete Video Directory**, 2000 **Catalog of Copyright Entries**, 1929-07 *Catalog of Copyright Entries. Part 1. [B]*

*Group 2. Pamphlets, Etc. New Series* Library of Congress. Copyright Office, 1930 Catalogue of Title-entries of Books and Other Articles Entered in the Office of the Librarian of Congress, at Washington, Under the Copyright Law... Wherein the Copyright Has Been Completed by the Deposit of Two Copies in the Office Library of Congress. Copyright Office, 1971

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Welding Engineer, 1959

**Television & Cable Factbook**, 1998

AB Bookman's Weekly

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