



Muscles affected: A, L, R



Muscles affected: L, O, R



Muscles affected: A, L



Muscles affected: P, Q, R



Muscles affected: O, Q, P



Muscles affected: C, E



Muscles affected: M



Muscles affected: C, E, L, P, Q



Muscles affected: C, E, Q, P, S, T



Muscles affected: C, E



Muscles affected: M



Muscles affected: C, E



Muscles affected: E, M



Muscles affected: E, P, S, T



Muscles affected: C, E, P, S



Muscles affected: E, O, P, S



Muscles affected: K, R



Muscles affected: C, E



Muscles affected: P, L, R



Muscles affected: M



Muscles affected: V, W



Muscles affected: G, U, V, W



Muscles affected: K, L, V, W



Muscles affected: L



Muscles affected: C, E



Muscles affected: M

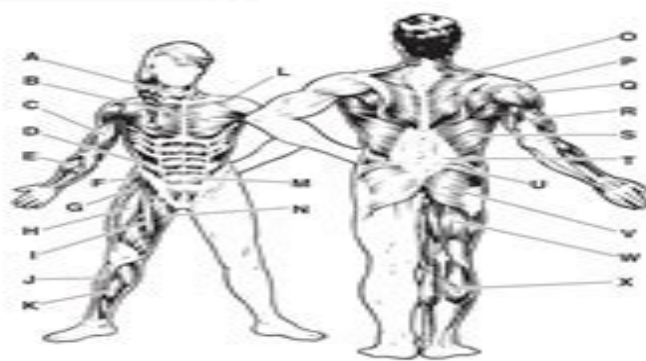


Muscles affected: C, M



Muscles affected: O, P

MUSCLE CHART



WARNING: Read the exercise information and safety instructions in the user's manual before exercising.

The exercises shown can be performed with WEIDER® weight systems. However, only they can be used to perform all exercises with total safety. The best results, however, come from the proper technique shown in the correct starting and ending positions for each exercise.

AVISO: Lea la información de advertencia y de seguridad en el manual del usuario antes de hacer ejercicio.

Los ejercicios que se muestran se pueden desarrollar con el sistema de pesas WEIDER®. Sin embargo, sólo se pueden con este sistema desarrollar todos los ejercicios con la máxima seguridad. Los mejores resultados se consiguen con la correcta posición de partida y la posición final para cada ejercicio.

WARNING: Bitte lesen Sie die Trainings- und Sicherheitsanweisungen im Benutzerhandbuch, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können mit WEIDER®-Gewichtssystemen durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein Verletzungsrisiko unter falscher Übungsausführung bestehen. Für die besten Ergebnisse müssen Sie sich an die korrekte Startposition und Endposition für die jeweilige Übung halten.

AVVERTISSEMENT: Veuillez lire attentivement les instructions de mise en garde et de sécurité avant d'effectuer les exercices de musculation.

Les exercices indiqués peuvent être effectués avec le système de musculation WEIDER®. Cependant, seuls ces derniers peuvent être effectués avec la sécurité requise. Pour de bons résultats, vous devez vous conformer à la position de départ et à la position finale pour chaque exercice.

AVVERTENZA: Leggere le informazioni di sicurezza e le avvertenze di esercizio nel manuale di riferimento prima di allenarsi.

Gli esercizi indicati possono essere eseguiti con il sistema di pesatura WEIDER®. Tuttavia, solo con questo sistema è possibile eseguire tutti gli esercizi con la massima sicurezza. Per migliori risultati, è necessario osservare la posizione di inizio e fine corretta per ciascun esercizio.

Weider Weight Systems Exercise Guide

Julia L. Wilkinson



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