

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, W, L

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



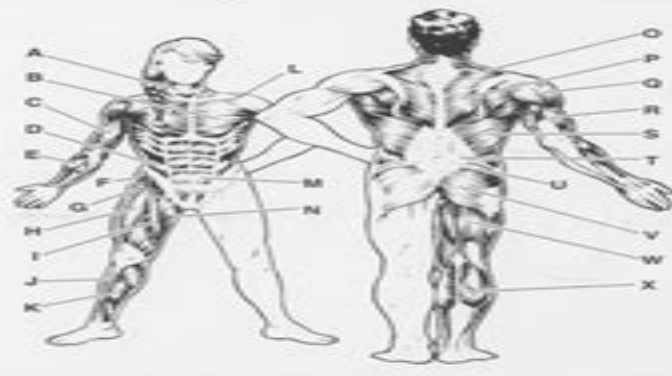
Muscles affected: D, W

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 dealer or representative. Please refer to the photographs above for correct starting and ending positions 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 en estas fotografías pueden ser realizados con los sistemas de pesas WEIDER®. Sin embargo, puede ser posible que no pueda realizar todos los ejercicios con su modelo. Para los mejores resultados, consulte con su representante. Lea los fotografías mostradas para ver la posición correcta de partida y de llegada 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 bestimmtes Gerät nicht für alle Übungen einsetzen können. Für die besten Ergebnisse ist es wichtig, konsultieren Sie Ihren Vertreter. Lesen Sie sorgfältig die Abbildungen durch, die die korrekte Start- und Endposition für die einzelnen Übungen zeigen.

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

Les exercices indiqués peuvent être réalisés avec les systèmes de poids WEIDER®. Cependant, vous ne pourrez peut-être pas réaliser tous les exercices avec votre modèle. Pour de meilleurs résultats, consultez votre représentant. Pour de meilleurs résultats, lisez attentivement les photographies ci-dessus qui illustrent la position de départ et d'arrivée pour chaque exercice.

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

Gli esercizi indicati possono essere realizzati 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 il rappresentante. Per i migliori risultati, leggere attentamente le fotografie sopra indicate che mostrano la posizione di partenza e di arrivo per ciascun esercizio.

Weider Exercise Guide

Gale Group



Weider Exercise Guide:

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 Argos catalogue 1989 -1990 old vintage book KCC, Argos catalogue 1989 1990 old vintage book **The Complete Guide to Strength Training**

Methods Keven Arseneault, 2023-03-24 Finally the strength training book you ve been wishing for is here *The Complete Guide to Strength Training Methods* compiles more than 230 training techniques proven to increase strength power hypertrophy endurance flexibility and cardiovascular capacity Sport performance coach Keven Arseneault has spent over 20 years reading researching and testing various methods to determine the best training techniques In *The Complete Guide to Strength Training Methods* he assembles these into a comprehensive resource that allows you to add variety and get the most from your workouts Each method is presented on a single page that highlights the technique s advantages and disadvantages effects on different aspects of fitness and trainer tips The page also has a prescription table that includes intensity or load reps and sets This practical approach provides you with everything you need to incorporate the method into your program immediately Throughout you will find programming tips to help you create your own training plan to fit your individual needs The eight sample programs provided can be followed as is or used as a blueprint for personalized programs Whether you are a fitness enthusiast working out at home a serious gym goer an athlete or a strength or fitness professional *The Complete Guide to Strength Training Methods* is the comprehensive yet practical resource you need to keep your workouts fresh challenging and on point to reach your goals *The Complete Guide To Herbal Medicines* Charles W. Fetrow, Juan R. Avila, 2000-09 Each herbal medicine entry contains information on why people use the herb what the research shows common doses side effects interactions with drugs important points to remember and references to scientific studies

Black Belt, 1974-08 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world *Video Source Book* Gale Group, 1999-10-28 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 **Ebony**, 1976-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Field & Stream**, 1974-05 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations Therapist's Guide to Clinical Intervention Sharon L. Johnson, 2017-06-09 Therapist's Guide to Clinical Intervention Third Edition is an essential reference for providing clinical services and associated case formulations requiring formalized goals and objectives It is ideal for use in assessment treatment consultation completing insurance forms and or participating in managed care This practical hand on book outlines treatment goals and objectives for each type of psychopathology as defined by the diagnostic and statistical manual by the American Psychiatric Association It additionally provides skill building resources and samples of all major professional forms likely to be used in clinical treatment The third edition conveniently maps individualized treatment plans utilizing evidence based best practices and standards of care Diagnostic information is presented by associated disorder or theme for easier access New special assessments and skill building entries are included Also new are numerous website URLs associated with research articles and consumer resources have been provided to complement clinical information and patient education Outlines treatment goals and objectives for DSM IV diagnoses Presents evidence based best practices of intervention Provides the basis for assessing special circumstances Offers skill building resources to supplement treatment Contains samples for a wide range of business and clinical forms Supplies websites for additional clinical information and patient education **The Edge** Ben Weider, 2003 **Fighting Fat** Wendy Mitchinson, 2018-01-01 While 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 **Ebony** ,1975-12 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

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- Chapter 2: Essential Elements of Weider Exercise Guide
- Chapter 3: Weider Exercise Guide in Everyday Life
- Chapter 4: Weider Exercise Guide in Specific Contexts
- Chapter 5: Conclusion

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3. In chapter 2, this book will delve into the foundational concepts of Weider Exercise Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Weider Exercise Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Weider Exercise Guide in daily life. This chapter will showcase real-world examples of how Weider Exercise Guide can be effectively utilized in everyday scenarios.
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6. In chapter 5, the author will draw a conclusion about Weider Exercise Guide. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Weider Exercise Guide.

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