

## 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, L, S

## 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



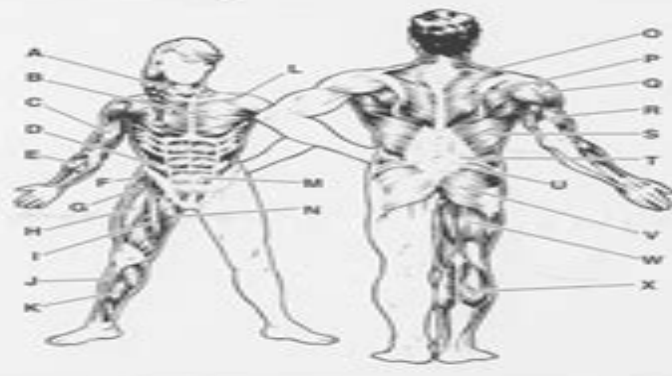
Muscles affected: G, W

## 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<sup>®</sup> weight systems. However, you may not be able to perform all exercises with your model. For best results, consult your dealer for exercise photographs and the correct starting or ending position for each exercise.

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# Weider 8525 Weight System Exercise Guide

**Ben Weider, Joe Weider, Daniel Gastelu**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

## **Weider 8525 Weight System Exercise Guide:**

Weight Training For Dummies Liz Neporent, Suzanne Schlosberg, Shirley J. Archer, 2011-03-03 A properly executed strength or weight lifting regimen can lower your blood pressure and cholesterol levels stabilize your blood sugar reduce the risk of heart disease increase your strength and more Weight Training For Dummies Third Edition is packed with all the information you need to start your own personalized weight training program and get yourself into peak condition fast You ll find out about Circuit and resistance training 20 minute weight training routines The newest and best weight training equipment Combining weight training with other exercise Gender differences in weight training goals and routines Specific approaches for baby boomers and seniors just starting out Using weight training to address specific health conditions Preventing injuries Weight training for children and teens If you re getting pumped about weight training don t delay Buy Weight Training for Dummies Third Edition today and you ll be in shape in no time *The Edge* Ben Weider, Joe Weider, Daniel Gastelu, 2003 The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight training **Dynamic Dumbbell Training** Paul Collins, 2010-05-01 With Coach Collins 3 Stage Dynamic Dumbbell Training System™ you combine traditional strength training methods with more functional and dynamic movement patterns used in sport for achieving the ultimate athletic body Every piece of exercise equipment in the gym serves a purpose but none more so than the dumbbell commonly referred to as free weights or hand weights held in either one hand or as a pair in both hands whilst performing an exercise With the introduction of Dynamic Dumbbell Training and the 3 Stage Dumbbell Training System™ the Body Coach™ takes you one step further by providing you with an additional series of Functional Fitness and Sports Specific movement patterns using dumbbells aimed at improving everyday lifestyle and athletic movement patterns

## **Weider 8525 Weight System Exercise Guide** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Weider 8525 Weight System Exercise Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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