

1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Raise your arms until your legs are fully extended. On full lock your knees. Return to the starting position.

Muscles affected: B, L, H

2 MILITARY PRESS

Adjust the system as required for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, H

3 BUTTERFLY

Sit on the seat and place your arms on the butterfly arms as shown. Press the butterfly arms toward each other until the pads touch. Return to the starting position.

Muscles affected: B, L

4 CALF RAISE

Hold the handles with an overhand grip. Keep your arms at your sides and rise up on your heels as far as possible. Return to the starting position.

Muscles affected: K, R

5 SQUAT

Hold the handles with an overhand grip, and straighten your legs. Slowly bend your legs as shown. Do not allow your knees to go past your feet. Return to the starting position.

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Mount the chair arms with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Repeat with your other leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W

7 VERTICAL KNEE RAISE

Mount the chair arms with your back to the system and your arms supporting your weight. Slowly raise your knees as high as they will go. Keep your legs on one side of your feet. Return to the starting position.

Muscles affected: H, M

8 ASSISTED DIP

Select the desired weight setting. Grasp the dip handles, with your arms straight and your knees resting on the pads as shown. Slowly lower your body by bending your elbows. Return to the starting position.

Muscles affected: B, L, Q, P, Q, R, S

9 PULL-UP

Grasp the pull-up handles as shown. Lower your body until your arms are straight. Slowly pull your body up until your chin is over the bar. Return to the starting position.

Muscles affected: C, E, D, P, S

10 PREACHER CURL

Sit on the seat and rest your arms on the curl pad. Hold the bar with an underhand grip and extend your arms. Slowly curl the bar toward your chest. Return to the starting position.

Muscles affected: C, E

11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the bar down until your legs are fully extended. On full lock your knees. Return to the starting position.

Muscles affected: H, V, W, K

12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Place the leg lever until your legs are straight. Return to the starting position.

Muscles affected: H

13 LEG CURL

Stand with the back of one leg resting against one of the pads on the leg lever. Raise the leg level by bending your knee as shown. Return to the starting position.

Muscles affected: H

14 AB CRUNCH

Attach the ab straps to the ab cable. Hold the ab straps over your shoulders. Lean forward, bending at your waist and keeping your back straight.

Muscles affected: M

15 TRICEPS PRESS DOWN

Attach the bar to the high cable. Facing the system, hold the bar with an overhand grip. Keep your arms at your sides. Press the bar down until your arms are straight. Return to the starting position.

Muscles affected: E, R

16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Attach the bar with an overhand grip. Your hands shoulder-width apart. With your arms slightly bent, push the bar forward your legs. Return to the starting position.

Muscles affected: E, P, R, S

17 LAT PULL-DOWN

Attach the bar to the high cable. Sit facing the system, extend your arms up, and hold the ends of the bar with an overhand grip. Pull the bar down in front of your face. Return to the starting position.

Muscles affected: C, E, P, S

18 TRICEPS EXTENSION

Attach the bar to the high cable. Sit on the seat and hold the bar above your head with your elbows bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: E, R

19 CROSSOVER FLY

Attach the handles to the cables. Stand sideways and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, S

20 BACK EXTENSION

Attach the bar to the low cable. Sit on the seat and hold the bar with an underhand grip and extend your arms. Slowly curl your back straight and bend back at your waist. Return to the starting position.

Muscles affected: T

21 DEAD LIFT

Attach the bar to the low cable. Stand with your knees and hold the bar with an overhand grip. Extend your legs, keeping your arms and back straight, and your head up. Return to the starting position.

Muscles affected: E, H, T, V, W

22 SIDE BEND

Attach the handle to the low cable. Stand sideways and hold the handle with one arm downward and hold the handle with your other arm straight. Bend to the side as shown. Return to the starting position.

Muscles affected: D, E, M

23 SHOULDER SHRUG

Attach the bar to the low cable. Extend your arms downward and hold the bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders as far as possible. Return to the starting position.

Muscles affected: E, D, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arm upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, R

25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm downward and hold the handle with an overhand grip. Hold the bar with one arm straight and pull the handle toward your chest. Return to the starting position.

Muscles affected: C, E

26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your feet apart and hold one leg into the ankle strap. Kick your leg straight and hold it forward as shown. Return to the starting position.

Muscles affected: T, D, P, S

27 HEEL KICK

Attach the ankle strap to the low cable. Stand with your feet apart and hold one leg into the ankle strap. Kick your leg back as shown. Return to the starting position.

Muscles affected: L, V, W

28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your inside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: L, H

29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your outside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: Q, W

30 STRANDING CURL

Attach the bar to the low cable. Sit on the seat and hold the bar with an underhand grip. Keep your elbows at your sides and pull the bar toward your chest. Return to the starting position. To vary this exercise, hold the bar with an overhand grip.

Muscles affected: C, E

31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm straight out to the side, and hold the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: L, Q, Q

32 BENT LATERAL RAISE

Attach the handle to the low cable. Stand sideways and bend forward, extend one arm downward and hold the handle with your arm slightly bent. Raise the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: Q, Q

33 FRONT RAISE

Attach the bar to the low cable. Extend both arms downward and hold the bar with an overhand grip. Keeping your arms straight, raise the bar until your hands are level with your shoulders. Return to the starting position.

Muscles affected: L, P, Q

34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Pull the curl bar to your chest. Return to the starting position.

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

35 BENT ROW

Attach the handle to the low cable. Stand forward, extend your arms, and hold the handle with an overhand grip. Keeping your back straight, pull the handle toward your chest. Return to the starting position.

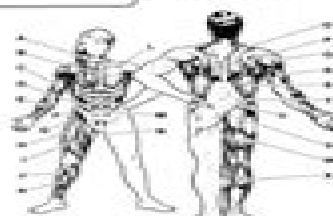
Muscles affected: C, E, D, P, Q, S, T

36 SEATED ROW

Attach the curl bar to the low cable. Sit on the floor and hold the curl bar with an overhand grip. Pull the curl bar toward your chest and lean back. Return to the starting position.

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

MUSCLE CHART



- | | |
|--------------------------------------|----------------------------------|
| A. Deltomastoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboides |
| D. Oblique (waist) | Q. Supraespinatus (shoulder) |
| E. Brachioradialis (forearm) | R. Pectorator Deltoid (shoulder) |
| F. Hip Flexors (upper thigh) | S. Triceps (back of arm) |
| G. Adductor (inner thigh) | T. Latissimus Dorsi (mid back) |
| H. Quadriceps (front of thigh) | U. Spinae (lower back) |
| I. Sartorius (front of thigh) | V. Gluteus Medius (hip) |
| J. Rectus Abdominis (front of waist) | W. Gluteus Maximus (buttock) |
| K. Sartorius (front of waist) | X. Hamstring (back of leg) |
| L. Quadriceps (front of thigh) | Y. Gastrocnemius (back of calf) |
| M. Rectus Abdominis (abdomen) | |

Weider Home Gym Exercise Guide Chart

Suzanne Falaschetti

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Weider Home Gym Exercise Guide Chart:

Shape ,1994 **Backpacker** ,1994-02 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *The Directory of U.S. Trademarks* ,1992 *The New York Times Index* ,2005 *America Buys* ,1981 [An Ultimate Home Workout Plan Bundle](#)

Dale Roberts,2015-12-07 All the Workouts You Will EVER Need in One Book Whether you re just starting out or starting again this comprehensive book of workout plans will help you drastically improve your physique and fitness level In the world of fitness three month workout plans are everywhere you turn You ve even seen plenty of them in magazines online articles and books over the years Are they effective Absolutely But what if you want to change up your workout program Or what if you want to target problematic areas like your butt gut or arms Then An Ultimate Home Workout Plan Bundle has everything you will need in one book The Real Struggle is Having Specific Workout Routines for Anywhere to Use at Any Time Most people have the desire and capacity to exercise but the lack of resources and time stop them from ever getting started Sleepiness keeps you from getting to an early morning boot camp or a small apartment keeps you from making room for weights and equipment Real life obstacles like these can prevent you from exercising at home or the gym An Ultimate Home Workout Plan Bundle helps you overcome typical obstacles that continually get in your way By identifying detailed solutions this book will help you experience a personal breakthrough and achieve your best health and fitness goals This bundle of AWESOME home workout plans includes Workouts designed to be done in less than an hour in a step by step plan Minimal equipment needed do from home or at the gym Great full color pictures for quick exercise references Learn how to maximize the most out of your time with your workout Different exercise routines for each day of the week Includes exercises for all levels from the beginner to the athlete Build strength endurance core development and flexibility The 90 Day Home Workout Plan The ABC Workout Plan Firm Tone and Tighten Your Abs Butt and Core The Chest and Arms Workout Plan Firm Tone and Tighten Your Upper Body The 15 Minute Standing Abs Workout Plan Ten Simple Core Exercises to Firm Tone and Tighten Your Midsection And much more Scroll to the Top of the Page and Click the Buy Button to Start Your New Home Workout Plan today *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 *The Home Workout Plan for Beginners* Dale L Roberts,2019-02-06 Workout at Home with this Exercise Program for BeginnersAre you ready to finally start working out but don t know where to begin Wouldn t it be nice to get a simple exercise program you can do from the comforts of your home

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diets trendy workout programs or shaky theories that don't have a leg to stand on You need sound advice on the fundamentals of working out with credible resources and proven results The Beginner's Home Workout Plan gives everything you need to start your new healthy lifestyle on the right foot and continue on to even better health and fitness In The Beginner's Home Workout Plan you'll discover Why beginners don't have to kill themselves for impressive results How short hit and split exercise programs work best What the simple exercises that are missing from most workout plans How less workout equipment equals less stress Fun yet powerful workouts to bring out the best in the beginner Appropriate home workouts for both men and women Hundreds of detailed images of exercise demonstrations Brief yet easy to understand instructions Over 90 days of exercise programs to keep you going for months to come Learn how to lose weight fast naturally without dieting and keep it off Easily modifiable workouts to use anywhere at any time The perfect health and fitness guide for weight loss All in a short book so you can read it quickly exercise right away and see results ASAP And so much more Stop hoping you get the right results by blindly searching the web for answers Get the correct information on the best steps for a beginner's home workout plan right NOW Scroll Up Click the Buy Button to Start Your NEW at Home Workout Routine TODAY

Exercise and Muscle Guide Bruce Algra, 1982 **The Ultimate Exercise Guide** Nicolas Andreou, 2025-01-30

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Description Get fit stay strong and feel your best right from home Whether you re a beginner or looking to upgrade your home fitness routine this complete guide helps you create effective efficient workouts without the need for a gym From bodyweight moves to simple gear suggestions you ll find everything you need to start and stay motivated Inside you ll discover Easy to follow workouts for strength cardio flexibility and balance How to choose affordable space saving home workout equipment Sample workout plans for weight loss toning and general fitness Tips for staying motivated tracking progress and avoiding injuries Adaptable routines for all levels from beginner to advanced Quick workouts for busy schedules including 10 minute circuits Bonus Stretching and recovery techniques for overall wellness This is your go to fitness companion for staying active energized and confident no gym required [Guide to Training Workout at Home](#) Kalei Fermantez,2021-01-14

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it really is for the best I couldn't count all of the health risks you have by being overweight with one hand and unfortunately there aren't any magic drinks out there that will make you burn all of your fat overnight This book mainly focuses on providing you with many basic workouts to get you on track to lose weight By following the information in this book and putting in the work you will be able to lose weight burn fat at a constant rate and maintain a healthy lifestyle for the foreseeable future This brings many benefits like increased confidence better body shape reduced health issues and so on This book is for beginners and takes into consideration the restrictions that people face My Friend with a BMI of 33.1 and osteoarthritis in both knees managed to follow my advice to become slimmer more confident and experience less knee pain in just 6 weeks So if restrictions didn't stop him why should it stop you This isn't just a standard exercise guide although it is set up for 6 weeks there is enough information to help you carry it on further Not only that but by reading this book you'll discover The Six Week Starter Workout Routine to Follow from Home How to Correctly Prepare for Exercise The Simple Diet That Accelerates Weight Loss An Insight on How to Adapt Your Mindset to Reach Your Goals Many Steps on How to Leave Your Unhealthy Lifestyle Behind 35 No Equipment Exercises If you continue to live your current lifestyle without making a change then your health will only get worse Trips to the hospital are easily avoided and you really can do it even if you have something holding you back so stop thinking about it and click Add to Cart Now

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