

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



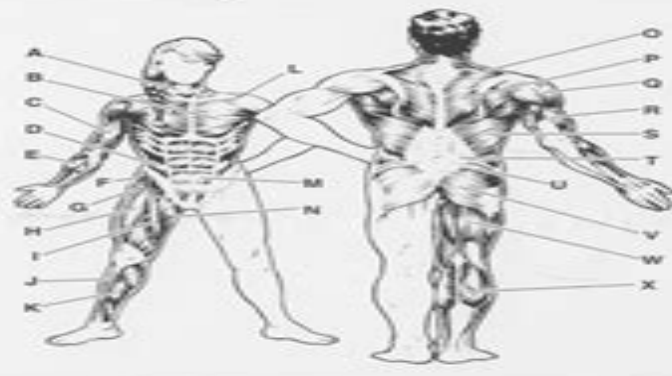
Muscles affected: D, W

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 for more information. Use proper technique and posture to prevent injury. Do not perform any exercise if you are injured or have any medical condition.

⚠ AVISO: Lea la información de seguridad e instrucciones de seguridad en el manual del usuario antes de hacer ejercicio.

Los ejercicios que se muestran se pueden hacer con el sistema de pesas WEIDER®. Sin embargo, puede que no pueda hacer todos los ejercicios con su modelo. Para los mejores resultados, consulte con el representante de su tienda o representante. Use la técnica correcta y la postura adecuada para prevenir lesiones. No realice ningún ejercicio si está lesionado o si tiene alguna condición médica.

⚠ WARNUNG: Bitte lesen Sie die Trainingsanweisungen und Sicherheitsmaßnahmen 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 Übung nicht mit Ihrem Trainingsgerät ausführen können. Für die besten Ergebnisse ist es wichtig, die richtige Technik und die richtige Körperhaltung zu verwenden. Verwenden Sie die richtige Technik und die richtige Körperhaltung, um Verletzungen zu vermeiden. Führen Sie keine Übung aus, wenn Sie verletzt sind oder eine medizinische Erkrankung haben.

⚠ AVERTISSEMENT: Veuillez lire attentivement les instructions de l'utilisateur avant d'exercer. Le système de peses WEIDER®.

Les exercices indiqués peuvent être effectués avec les systèmes de peses WEIDER®. Cependant, vous ne pouvez pas effectuer tous les exercices avec votre modèle. Pour de meilleurs résultats, consultez votre représentant ou votre fournisseur. Utilisez la technique correcte et la posture adéquate pour prévenir les blessures. Ne faites aucun exercice si vous êtes blessé ou si vous avez une condition médicale.

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Le esercizi indicati possono essere eseguiti con gli sistemi di peses WEIDER®. Tuttavia, potrebbe non essere possibile eseguire tutti gli esercizi con il suo modello. Per i migliori risultati, consultare il rappresentante o il fornitore. Usare la tecnica corretta e la postura adeguata per prevenire lesioni. Non eseguire alcun esercizio se si è feriti o si ha una condizione medica.

Weider Pro 9635 Exercise Guide

Nicolas Andreou

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 Pro 9635 Exercise Guide:

Training Notebook Weider Publications, LLC, 2002 At last the complete fully illustrated guide to weight training exercises based on the popular Muscle Fitness column *Training Notebook* Now all in one place 74 of the best exercises ever with step by step directions for building a strong muscular physique This easy to follow format lets you choose from a variety of exercises for each bodypart from back and biceps to chest and calves You can now change up your training so you keep making gains while you hit your muscles from new angles every workout The Muscle Fitness Training Notebook provides detailed instruction on doing each movement correctly for maximum effectiveness and safety Special tips let you customize each exercise for your individual goals whether you want wider shoulders or stronger legs The training log lets you keep track of your sets reps and poundage along with your progress Color coded anatomy drawings show you the muscles in action with sports applications for each exercise listed Expand your exercise inventory with this essential guide The spiral bound format provides easy access for convenient use while you train

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 Ultimate Exercise Guide Nicolas Andreou, 2025-01-30 The Ultimate Exercise Guide Back Edition 120 How to Instructions for Home and Gym Are you ready to build and strengthen your Abdominals with a comprehensive easy to follow guide Look no further than The Ultimate Exercise Guide Back Edition your essential resource for mastering 120 targeted back exercises designed for home workouts and gym sessions Whether you re a beginner intermediate or advanced fitness enthusiast this book will help you sculpt a powerful back with expert guidance and visual support What Makes This Guide Stand Out 120 Back Exercises A wide range of exercises that target your back and trapezius from every angle ensuring complete muscle activation for optimal results Includes Bodyweight Machines Suspension Trainer Resistance Bands Dumbbells Barbell exercises and more Step by Step Instructions Detailed how to instructions for every exercise eliminating guesswork and ensuring you perform each move correctly High Quality 3D Illustrations Visualize your exercises with state of the art 3D illustrations clearly demonstrating form and muscle engagement QR Codes for Video Demonstrations Get access to exercise animation videos by scanning QR codes included with each exercise offering you real time demonstrations and extra visual support For Home or Gym Whether you re working out at home with minimal equipment or hitting the gym this guide covers bodyweight free weights resistance bands and machine exercises For All Fitness Levels Discover a range of exercises perfect for both beginners and advanced athletes No matter your level there s something for you Why Choose The Ultimate Exercise Guide Back Edition Build Strength it s your ultimate resource for building muscle improving strength and enhancing your fitness journey Don t miss out this guide is a must have for anyone serious about training their back

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