

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: C, 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, C, R, S

9 STANDING ROW



Muscles affected: C, E, C, 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, C, R, S

15 LAT PULL-DOWN



Muscles affected: C, E, R, S

16 BENT ROW



Muscles affected: E, C, R, S

17 CALF RAISE



Muscles affected: C, 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: C, E, W

22 ABDUCTION/ADDUCTION



Muscles affected: C, E, L, S

23 HEEL KICK



Muscles affected: W, L, C, W

24 SHOULDER RAISE



Muscles affected: C, L

25 PREACHER CURL



Muscles affected: C, E

26 ABDOMINAL CRUNCH



Muscles affected: W

27 OBLIQUE CRUNCH



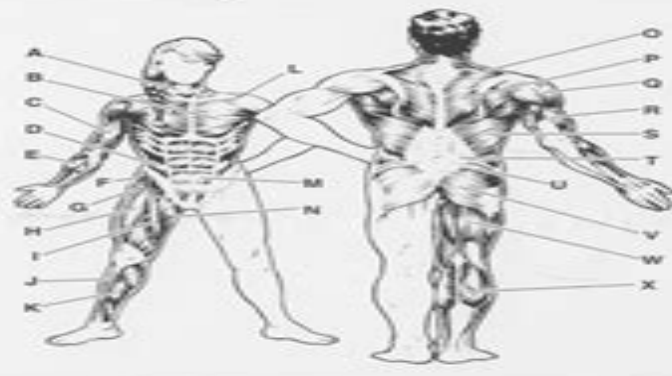
Muscles affected: C, W

28 SHOULDER SHRUG



Muscles affected: C, P

MUSCLE CHART



⚠ WARNING: Read the exercise information and safety precautions in this 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 instructor. Photographs show the correct starting or ending position for each exercise.

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

Los ejercicios que se muestran en este manual 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 instructor. Las fotografías muestran la posición correcta para el inicio y el final de cada ejercicio.

⚠ 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 Übungsausführung mit Ihrem Modell nicht durchführen können. Für die besten Ergebnisse, konsultieren Sie mit Ihrem Trainer. Fotografien zeigen die richtige Start- und Endposition für die einzelnen Übungen.

⚠ 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 pouvez pas réaliser tous les exercices avec votre modèle. Pour de meilleurs résultats, consultez votre instructeur. Les photographies illustrent la position correcte au début et à la fin de chaque exercice pour chaque mouvement.

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

Gli esercizi indicati possono essere eseguiti 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 vostro istruttore. Le fotografie mostrano la posizione di inizio e fine corretta per ciascun esercizio.

Weider 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.

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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**

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here to help in this article we will introduce you to some stunning designs that will elevate your desi look to the next level
below is a gallery of some stunning neck designs for your suit that you will adore

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