

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, W

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, W

22 ABDUCTION/ADDUCTION



Muscles affected: C, D, L, S

23 HEEL KICK



Muscles affected: W, L, S, W

24 SHOULDER RAISE



Muscles affected: C, L

25 PREACHER CURL



Muscles affected: C, E

26 ABDOMINAL CRUNCH



Muscles affected: W

27 OBLIQUE CRUNCH



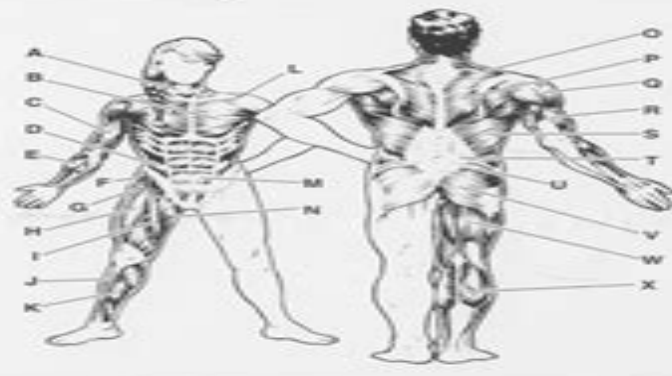
Muscles affected: C, W

28 SHOULDER SHRUG



Muscles affected: C, P

MUSCLE CHART



⚠ WARNING: Read the 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 instructor. Photographs show the correct starting or ending position 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 se pueden hacer con los sistemas de pesas WEIDER[®]. Sin embargo, puede ser posible que no pueda hacer 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[®] Gewichtsübungs-Systemen gemacht werden. Trotzdem kann es vorkommen, dass Sie ein bestimmtes Übung nicht mit Ihrem Trainingsmodell machen können. Für die besten Ergebnisse ist es wichtig, konsultieren Sie mit Ihrem Trainer. Die Fotografien zeigen die korrekte Start- und Endposition für die einzelnen Übungen.

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

Les exercices indiqués peuvent être réalisés avec les systèmes de peses WEIDER[®]. Cependant, vous ne pouvez pas réaliser tous les exercices avec votre modèle. Pour de meilleurs résultats, consultez votre instructeur. Les photographies montrent la position correcte au début et à la fin de chaque exercice pour chaque mouvement.

⚠ AVVERTENZA: Leggere le istruzioni dell'utente attentamente prima di cominciare l'esercizio. Il sistema di peses WEIDER[®].

Gli esercizi indicati possono essere realizzati con gli sistemi di peses 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 Max Exercise Guide

John D. Fair, David L. Chapman

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 Max Exercise Guide:

Argos catalogue 1989 -1990 old vintage book KCC, Argos catalogue 1989 1990 old vintage book **The Weider System of Bodybuilding** Joe Weider,Bill Reynolds,1983 Time tested principles that help bodybuilders get the most out of their training *Bodybuilding, the Weider Approach* Joe Weider,1981 From the man who trained Schwarzenegger and Ferrigno comes an easy to follow manual on bodybuilding *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 **Women's Weight Training and Bodybuilding Tips and Routines** Joe Weider,1982 **Joe Weider's Ultimate Bodybuilding** Joe Weider,1999 Shape ,1995 **McCall's** ,1976-04 **Better and Better** Betty Weider,1993 Betty co wrote Better and Better a workout and nutrition guide for women **HIT-HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS** David Groscup,2015-12-31 In HIT HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS author David Groscup DR HIT provides the reader with effective muscle building training routines using the time and science tested HIT high intensity training protocol which was pioneered by Arthur Jones inventor of the famous Nautilus machines A companion to his other books this volume gives the reader easy to follow routines for practical application of the many different HIT variables or techniques designed to add muscle size and strength rapidly Topics include The right way to use pre exhaust and double pre exhaust techniques to blast your muscles to new growth How to push your muscles past exhaustion a great way to dramatically escalate gains Use negatives build strength and muscle size faster Slow things down to speed gains up Using static holds to break through sticking points Proper micro loading to prevent stagnation How to determine proper training intensity and frequency to avoid overtraining Using a single set to thoroughly train a muscle And much much more Author s blog on high intensity training at <http://drhitshighintensitybodybuilding.blogspot.com> Amazon Author page <http://www.amazon.com/e/B009Q509DI> **The Old School StrengthTraining Secrets Bible** Dave Yarnell,2019-09-05 A huge compendium of Old School Strength training secrets full of great pictures methods and techniques compiled from a variety of awesome sources **Exercise Physiology** Stanley P. Brown,Wayne C. Miller,Jane M. Eason,2006 Bridging the gap between exercise physiology principles and clinical practice this text provides comprehensive coverage of both traditional basic science and clinical exercise physiology principles The book presents clinical applications and examples that connect theory to practice More than 500 full color illustrations and numerous graphs and tables complement the text Reader friendly features including Perspective Boxes Research Highlights Biography Boxes and Case Studies engage readers and reinforce key concepts A bonus three dimensional interactive anatomy CD ROM from Primal Pictures and a Student Resource CD ROM accompany the book LiveAdvise online faculty support and student tutoring services are available free with the text **Video Source Book** ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education

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