



Muscles affected: A, L, R



Muscles affected: L, O, R



Muscles affected: A, L



Muscles affected: P, Q, R



Muscles affected: O, Q, R



Muscles affected: C, E



Muscles affected: M



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



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



Muscles affected: C, E



Muscles affected: M



Muscles affected: C, E



Muscles affected: E, M



Muscles affected: E, P, Q, R



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



Muscles affected: C, O, Q, R



Muscles affected: K, R



Muscles affected: C, E, M



Muscles affected: P, Q, R



Muscles affected: M



Muscles affected: V, W



Muscles affected: G, Q, R, M



Muscles affected: K, L, V, W



Muscles affected: L



Muscles affected: C, E



Muscles affected: M

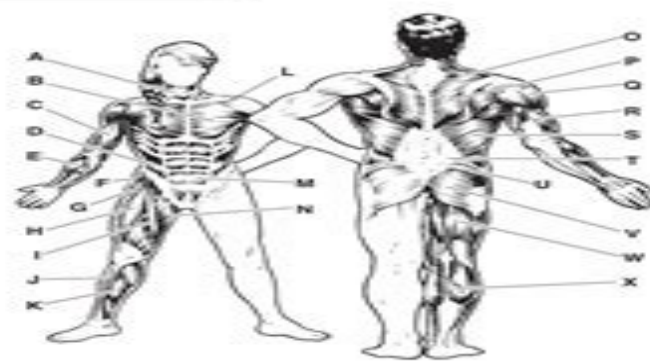


Muscles affected: C, M



Muscles affected: Q, R

MUSCLE CHART



WARNING: Read the exercise information and safety instructions in the user's manual before exercising.

The exercises shown can be performed with WEIDER® weight systems. However, only they can be used to perform all exercises with total safety. The best results, however, come from the proper technique shown in the correct starting and ending positions for each exercise.

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

Las operaciones que se muestran en pantalla corresponden a los ejercicios de entrenamiento de WEIDER®. Sin embargo, sólo se pueden usar los pesos WEIDER para hacer los ejercicios con total seguridad. Para los mejores resultados, se deben usar los pesos WEIDER en la posición de partida y de finalización correcta para cada ejercicio.

WARNING: Bitte lesen Sie die Trainings- und Sicherheitsanweisungen im Benutzerhandbuch, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können mit WEIDER®-Gewichtssystemen durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein Verletzungsrisiko unter falscher Übungsausführung bestehen. Für die besten Ergebnisse müssen Sie sich an die korrekte Startposition und Endposition halten, bevor Sie mit dem Training beginnen.

AVERTISSEMENT: Veuillez lire attentivement les instructions de sécurité et d'exercice avant d'utiliser le système de musculation.

Les exercices indiqués peuvent être réalisés avec les systèmes de musculation WEIDER®. Cependant, seuls ces derniers peuvent être utilisés avec la sécurité requise pour tous les exercices. Pour de bons résultats, vous devez commencer et terminer les exercices dans la position de départ et d'arrivée correctes pour chaque exercice.

AVVERTENZA: Leggere le istruzioni di esercizio e di sicurezza prima di utilizzare il sistema di allenamento.

Gli esercizi indicati possono essere eseguiti con i sistemi di allenamento WEIDER®. Tuttavia, solo questi possono essere usati con la massima sicurezza per tutti gli esercizi. Per ottenere i migliori risultati, è necessario che si inizi e si finisca l'esercizio nella posizione di partenza e di arrivo corretta per ogni esercizio.

Weider Weight Systems Exercise Guide

RJ Shavelson

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 Weight Systems Exercise Guide:

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