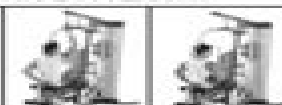


## 1 CHEST PRESS



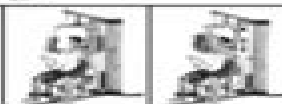
Muscles affected: P, M, A

## 2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, M, A

## 3 CHEST FLY



Muscles affected: P, A

## 4 BENT LATERAL RAISE



Muscles affected: L, M, A

## 5 LATERAL RAISE



Muscles affected: L, M, A

## 6 SINGLE ARM PREACHER CURL



Muscles affected: B, C

## 7 TRICEPS KICKBACK



Muscles affected: A

## 8 UPRIGHT ROW



Muscles affected: C, L, A, B, S

## 9 STANDING ROW



## 10 BICEPS CURL



Muscles affected: C, B

## 11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: A

## 12 STANDING CURL



Muscles affected: C, B

## 13 TRICEPS PUSH-DOWN



Muscles affected: L, A

## 14 STIFF ARM PULL-DOWN



Muscles affected: L, M, A, B

## 15 LAT PULL-DOWN



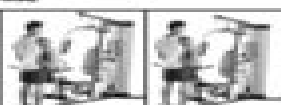
Muscles affected: L, M, A, B

## 16 BENT ROW



Muscles affected: L, M, A, B

## 17 CALF RAISE



Muscles affected: C, A

## 18 BICEPS-TRICEPS COMBO



## 19 HIP FLEXION



Muscles affected: P, M, A

## 20 LEG EXTENSION



Muscles affected: M

## 21 LEG CURL



Muscles affected: L, M

## 22 ABDUCTION/ADDUCTION



Muscles affected: M, M, A, B

## 23 HEEL ROCK



Muscles affected: M, L, A, B, M

## 24 SHOULDER RAISE



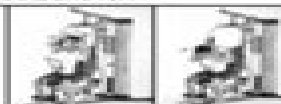
Muscles affected: L, M

## 25 PREACHER CURL



Muscles affected: C, B

## 26 ABDOMINAL CRUNCH



Muscles affected: M

## 27 OBLIQUE CRUNCH



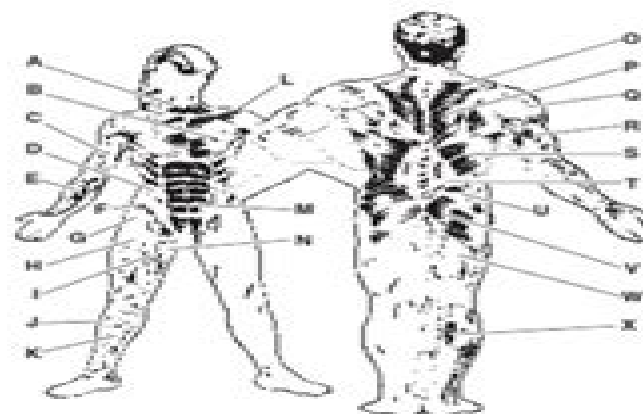
Muscles affected: M, M

## 28 SHOULDER SHRUG



Muscles affected: L, A

## MUSCLE CHART



# Weider Weight System Guide

**Marcel A. Müller**

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

## **Weider Weight System Guide:**

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 *Video Source Book* ,2006 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 **Muscle, Smoke & Mirrors** Randy Roach,2008 The research for this extensive two volume project represents a comprehensive effort to establish a complete context from which the sport of bodybuilding arose Muscle Smoke but also to the most elite of athletes Whether you are a novice an elite bodybuilder or simply sports nutrition minded learn how the emerging forces of the Iron Game evolved Ultimately the factions of this industry would grow powerful and manipulative while fighting for control over the Game It took the running of several parallel histories on bodybuilding nutrition supplements and the role of drugs to offer a complete first time unraveling of the web of confusion and politics that still permeates the sport into the 21st century Volume I of Muscle Smoke Mirrors is truly the untold stories surrounding Bodybuilding s Amazing Nutritional Origins *Subject Guide to Books in Print* ,1997 Cosmopolitan ,1977-07

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In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Weider Weight System Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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les hôpitaux les plus proches sont pleins saint antoine saint louis tenon rothschild et des blessés sont envoyés plus loin comme à l hôpital lariboisière ou à l hôpital franco musulman de bobigny un important mouvement de solidarité envers les blessés s organise comme l indique abdelhamid mokrani le lendemain je pense que la police voulait nous récupérer et le personnel de l hôpital méd

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