## WEIGHT SYSTEM EXERCISE GUID

#### 2 DENCH PRESS

54 on the seat and hold the handles with an overhand grip. Rose your ellows as shown. Knop your back streight Fully extend your arms. Return

#### MILITARY PRESS

Adjust the system as required for the seesure. Si on the seesure, and group the seesure with an array property of the seesure self- an array self-self-group. Kingging your back straight, fully added your sens, flags, or the self-self- growth.



#### SE RESTRIBUTER

for on the sent and place your arms or the bulletty arms as shown. Press the bulletty arms toward such other until that place bounds. Statute to the starting

Managhai affected; B. S.

#### CALF NAME

triald the handles with an overhand grip. Keep provi arms of your soles and the up or your tries as far as properties. Repture to the printing possi-

Managine effectives N. R.

#### AND INCOME.

restd this highlights with an outsinged gree, and situations your large. Simulation family out large that photon Col. and almo-paid forces taken to put away, for the party forces that to put away, the first the away of the college of the put away, the

Musician affected N. L. V. W.

#### **GENERAL LEGINARIE**

Mount the child prime with your bank to the spettern and prior arms supporting year angels Streety steer one long prior is purposed with the Robe Avoid seeing ing your long Restore to the starting proof-on Atlantian longs with each rep-

Managine officerack the F. M.

#### VIERTICAL KNIEE RARSE

Missard the 1909 serve with your books to the bytelers and your arms supporting your enought. Stoody takes your Known as high an they will go. Knop your beau position and avoid beinging your legs. Return to the starting position.

Moreoviers officerbook II. M.

#### CE ASSISTED OF

Referd the decided easign arthrog Group the do handless with your arms straight park prior thouse testing on the parks are strong. Strong lower your look by testing your strong, the in the strong your strong, these is the strong your strong.

Monoton affected B. L. O. P. O. R. S.

#### 23 PULL-UP

Granic the publical handless on shown. County the plating handles as shown. Linear plan body, until your arms are straight. Showly put prox body as until your chair is least with plan function. Return to the standards.

Managhay afficiency C. R. C. W. B.

#### TO PREACHER CURL

Sit on the sead and real plus arms on the out pad. Hold the let but with an hand grip and externed proof service, and the fact that they become to be a service of the servi obsent. Righters to the starting possit-

Managhas officialist C. E.



Bit on the sead and place your feet on the press plate as shown. Press for simpli settly your togs you fully indended On not look your times. Reform to the

#### LEG EXTENSION

Sit on the sead and position your heat under the pools on the leg source Planes that leg leaver until your legs are strugtly. Resture to the starting pro-

Museoffee affectively by

#### LEG CURL

Shared with the back of one leg nating against one of the pack on the leg wast by bending your leg de shown. Return to the east reg position.

Management of Contract of

#### AB CRUNCH

Aduct the all allege to the all cable. Head the all allege time your affects done. Lear forward, bending at your mand and heaping your back already

Museum affection W

#### TRICEPS PRESS DOWN

Attach the let have to the high nation. Facing the bythem, have the let have with an overhead pric. Name your attempts. Nature to the searcing prosition

Managine advantage E. R.

#### 10 STIFF ARM PUSHDOWN

Comment the fail fair to the high collec-ricid the lat fair with an overhand grig-yout feature shoulder width apper, first your efficient objitity bank, push, the fail out efficient objitity bank, push, the fail attempt position.

Managhan affragance E. P. R. B.

#### LAT PULL-DOWN

Alberta the left but to the high certain the facing the system, extend your some up, and hold the sittle and hold the probability the lat law does no comband grap. Put I has let be done does not construct of your face. Return to the staff.

Museum affectivet C. C. P. S.

#### 18 TRICEPS EXTENSION

Attach the last two to the high custon. Bit on the seed and from the bill but shows your head with plant attends that the same and Newyman your appear genes anothering, strongly stronglythen plant genes. Restum to the sharing position.

Managine afficiency it, to

#### CROSSOVER FLY

Attach the handles to the catters. Exhapt your arms and hold the handles as shown they are hold to other as shown fives your back strengts and pud the handles together in hard of you in a hugging matter. Material to the starting position.

Management additionable file for Co. St.

#### SE BACK EXTENSION

Attach the let had to the true paties. Sit are the floor and hold the let have applied by the let have point your chart as although and bared back, at your waist. Mature to the starting post

Managhan affinished T



Attach the fat the to the line paties Bland play times and folial file lab has with an investment got flowing and facts high. Recepting play arms and facts strength, and play have age. Reduct to the statemy posterior.

Managine affected; E. H. T. V. W.

#### SHOE BEND

Affairs the handle to the live settle. Affair, the common to the low common frame of the common to the common t

Managines officialized Co. C. M.

#### SHOULDER SHRUG

Attach the lat law to the low sable. Select your arms themselved and half the lat har with an assistant grip. Keep array arms at your soles. Similar your Photographs for their sharting possition

Municipes officement (E. C. P.

#### FO OVERHEAD EXTENSION

Adjusts a framelier to the time codine. Fluid the transfer before it may expedie the framelier with an open-fluid play. Exited place with agreement, filling the transfer year practically fluid to the specific possibilities.

Michigan afficiency in the

#### FEE ISOLATION CURL

Adopting therefor to the low-custom. Externit your arm stoom and had the hardle arth on underhand grip. Resp. year efficie of your sole and cust the format something to be the start of the starting polynomial.

Managine officialist C. R.

#### FOR FRONT RICK.

Attach the pricing strong to the low cables. Shared an efficient and impact one long-into the artist along. Nong-poor longstrength and return I breakful to thouse Plantage to the starting process.

Microsoftens addisortends (C. Co. 14, 17

#### NO HEEL ROCK

Addresid the preside strong to the line public treast one log into the article strip!
With your kneek signify best, move your log back at attention. Return to the country, possible.

Managine affinctions is, w. m.

#### THE ADDUCTION

Market the artists street to the few sadds Stand addresses and treat year materials and materials are properly and make along Foreign prior to make and make the sale. Foreign amongsti and moves it to be the standard possible.

Management of Section 5, 10 Miles

#### POT HIP ASSOCIATION

Affaith the artists pinks to the time units Sound artists and insent pink out side log into the artists street fixing pro-ing attempts and moves it to the date Summer to the starting provident

Managine officered St. W.

#### SIG STANDING CURL

colonis prior arms, and half the last law size of the colonis and understand graps. Names prior arms which are selected the law size of the colonis and pour size of the colonis and the colon Attach the left har to the tree cattle. Extend place serves and food the left har



#### USE LATERAL RAISE

Adjusts a hydroller for the line liable. Stand orderesing, ordered one arm determined and highly the handle figure the handle to the total until your knowl in terest with your shoulder. Nature to the stocking position.

#### **BO BENT LATERAL RAISE**

Affairst the handle to the low catte. Spared estimates and barrel temperature of the second section of the second second



#### FRONT RAISE

the place that former has been been a Extend both some downward and host fire let but with an austracial gra-Energing your arms streight, runs the let live until your hambs are level with point about them. Restant to the exerci-

Musclims affinched: 5., Pt. 01

#### UPRIGHT NOW

Attach the out has to the time outer, most the out for with an outerward grip. Lift the out her to your cheek. them to the starting position.

Manufact affinition, C. R. L. O. P. G.

#### THE BRIDE PLOW

Adjach the hands to the time calife Bend forward, solard your arms, and hold for hands with an overhand gra-keing your back straight and you the

Manager officials C. E. Q. P. Q. S. T.

#### BUS BEATED NOW

Attach the out too to the toe uptile. So on the Store and hold the contine with an overhand gip. But the cont low tempt your aluments and trips back. Return to the starting position.

Musicine attention C. S. O. F. Q. S. T.



#### HUSCLE CHART



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