

WEIDER

HOME GYM SYSTEMS EXERCISE GUIDE

SAFETY FIRST

Before using any of the exercises in this guide, please read the instructions carefully. The instructions are designed to help you perform the exercises safely and effectively. If you are unsure of any of the instructions, please contact your local Weider distributor for assistance.

Remember, safety is always the first priority. If you experience any pain or discomfort while exercising, stop immediately and consult your doctor.

1. BICEP CURL

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your elbows and lift the bar towards your shoulders.

2. TRICEP EXTENSION

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your elbows and lower the bar behind your head.

3. SHOULDER PRESS

Stand with feet shoulder-width apart, holding the bar with both hands. Push the bar upwards from your shoulders.

4. BENCH PRESS

Lie on your back on a bench, holding the bar with both hands. Push the bar upwards from your chest.

5. LEG PRESS

Lie on your back on a bench, holding the bar with both hands. Push the bar upwards from your legs.

6. SQUAT

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your knees and lower your body.

7. DEADLIFT

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your hips and knees to lift the bar.

8. ROW

Stand with feet shoulder-width apart, holding the bar with both hands. Pull the bar towards your chest.

9. LUNGES

Stand with feet shoulder-width apart, holding the bar with both hands. Step forward with one leg and lower your body.

10. PLANK

Lie on your stomach on a bench, holding the bar with both hands. Push the bar upwards from your chest.

11. CRUNCHES

Lie on your back on a bench, holding the bar with both hands. Lift your head and shoulders off the bench.

12. SIT-UPS

Lie on your back on a bench, holding the bar with both hands. Lift your head and shoulders off the bench.

13. LEGS

Stand with feet shoulder-width apart, holding the bar with both hands. Push the bar upwards from your legs.

14. BICEP CURL

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your elbows and lift the bar towards your shoulders.

15. TRICEP EXTENSION

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your elbows and lower the bar behind your head.

16. SHOULDER PRESS

Stand with feet shoulder-width apart, holding the bar with both hands. Push the bar upwards from your shoulders.

17. BENCH PRESS

Lie on your back on a bench, holding the bar with both hands. Push the bar upwards from your chest.

18. LEG PRESS

Lie on your back on a bench, holding the bar with both hands. Push the bar upwards from your legs.

19. SQUAT

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your knees and lower your body.

20. DEADLIFT

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your hips and knees to lift the bar.

21. ROW

Stand with feet shoulder-width apart, holding the bar with both hands. Pull the bar towards your chest.

22. LUNGES

Stand with feet shoulder-width apart, holding the bar with both hands. Step forward with one leg and lower your body.

23. PLANK

Lie on your stomach on a bench, holding the bar with both hands. Push the bar upwards from your chest.

24. CRUNCHES

Lie on your back on a bench, holding the bar with both hands. Lift your head and shoulders off the bench.

25. SIT-UPS

Lie on your back on a bench, holding the bar with both hands. Lift your head and shoulders off the bench.

26. LEGS

Stand with feet shoulder-width apart, holding the bar with both hands. Push the bar upwards from your legs.

27. BICEP CURL

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your elbows and lift the bar towards your shoulders.

28. TRICEP EXTENSION

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your elbows and lower the bar behind your head.

29. SHOULDER PRESS

Stand with feet shoulder-width apart, holding the bar with both hands. Push the bar upwards from your shoulders.

30. BENCH PRESS

Lie on your back on a bench, holding the bar with both hands. Push the bar upwards from your chest.

31. LEG PRESS

Lie on your back on a bench, holding the bar with both hands. Push the bar upwards from your legs.

32. SQUAT

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your knees and lower your body.

33. DEADLIFT

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your hips and knees to lift the bar.

34. ROW

Stand with feet shoulder-width apart, holding the bar with both hands. Pull the bar towards your chest.

35. LUNGES

Stand with feet shoulder-width apart, holding the bar with both hands. Step forward with one leg and lower your body.

36. PLANK

Lie on your stomach on a bench, holding the bar with both hands. Push the bar upwards from your chest.

37. CRUNCHES

Lie on your back on a bench, holding the bar with both hands. Lift your head and shoulders off the bench.

38. SIT-UPS

Lie on your back on a bench, holding the bar with both hands. Lift your head and shoulders off the bench.

39. LEGS

Stand with feet shoulder-width apart, holding the bar with both hands. Push the bar upwards from your legs.

40. BICEP CURL

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your elbows and lift the bar towards your shoulders.

41. TRICEP EXTENSION

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your elbows and lower the bar behind your head.

42. SHOULDER PRESS

Stand with feet shoulder-width apart, holding the bar with both hands. Push the bar upwards from your shoulders.

43. BENCH PRESS

Lie on your back on a bench, holding the bar with both hands. Push the bar upwards from your chest.

44. LEG PRESS

Lie on your back on a bench, holding the bar with both hands. Push the bar upwards from your legs.

45. SQUAT

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your knees and lower your body.

46. DEADLIFT

Stand with feet shoulder-width apart, holding the bar with both hands. Bend your hips and knees to lift the bar.

47. ROW

Stand with feet shoulder-width apart, holding the bar with both hands. Pull the bar towards your chest.

48. LUNGES

Stand with feet shoulder-width apart, holding the bar with both hands. Step forward with one leg and lower your body.

49. PLANK

Lie on your stomach on a bench, holding the bar with both hands. Push the bar upwards from your chest.

50. CRUNCHES

Lie on your back on a bench, holding the bar with both hands. Lift your head and shoulders off the bench.

51. SIT-UPS

Lie on your back on a bench, holding the bar with both hands. Lift your head and shoulders off the bench.

52. LEGS

Stand with feet shoulder-width apart, holding the bar with both hands. Push the bar upwards from your legs.

ANATOMICAL CHART BY MUSCLE GROUP

- 1. Biceps
- 2. Triceps
- 3. Shoulders
- 4. Chest
- 5. Back
- 6. Neck
- 7. Core
- 8. Legs
- 9. Arms
- 10. Feet
- 11. Hands
- 12. Head
- 13. Neck
- 14. Core
- 15. Legs
- 16. Arms
- 17. Feet
- 18. Hands
- 19. Head
- 20. Neck
- 21. Core
- 22. Legs
- 23. Arms
- 24. Feet
- 25. Hands
- 26. Head
- 27. Neck
- 28. Core
- 29. Legs
- 30. Arms
- 31. Feet
- 32. Hands
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Weider Exercice Guide

E Durkheim



Weider Exercise Guide:

Unveiling the Magic of Words: A Overview of "**Weider Exercise Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Weider Exercise Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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Weider Exercise Guide Introduction

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