

1 CHEST PRESS



Muscles affected: P, L, S

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, C, B

3 CHEST FLY



Muscles affected: P, L

4 BENT LATERAL RAISE



Muscles affected: P, L, S

5 LATERAL RAISE



Muscles affected: L, C, P

6 SINGLE ARM PREACHER CURL



Muscles affected: C, B

7 TRICEPS KICKBACK



Muscles affected: B

8 UPRIGHT ROW



Muscles affected: C, L, C, R, S

9 STANDING ROW



Muscles affected: C, C, R, S, T

10 BICEPS CURL



Muscles affected: C, B

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: B

12 STANDING CURL



Muscles affected: C, B

13 TRICEPS PUSH-DOWN



Muscles affected: C, B

14 STIFF ARM PULL-DOWN



Muscles affected: C, R, S

15 LAT PULL-DOWN



Muscles affected: C, L, S

16 BENT ROW



Muscles affected: C, C, R, S

17 CALF RAISE



Muscles affected: C, B

18 BICEPS-TRICEPS COMBO



Muscles affected: C, B

19 HIP FLEXION



Muscles affected: P, L, S

20 LEG EXTENSION



Muscles affected: B

21 LEG CURL



Muscles affected: L, B

22 ABDUCTION/ADDUCTION



Muscles affected: L, C, L, S

23 HEEL KICK



Muscles affected: L, L, S, W

24 SHOULDER RAISE



Muscles affected: L

25 PREACHER CURL



Muscles affected: C, B

26 ABDOMINAL CRUNCH



Muscles affected: B

27 OBLIQUE CRUNCH



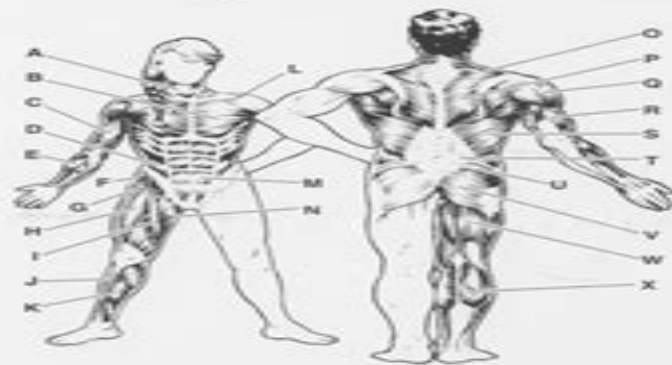
Muscles affected: C, B

28 SHOULDER SHRUG



Muscles affected: C, P

MUSCLE CHART



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Weider Pro 9940 Exercise Guide

Judd E. Hollander

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