

1 CHEST PRESS



Muscles affected: P, L, S

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, C, W

3 CHEST FLY



Muscles affected: P, L

4 BENT LATERAL RAISE



Muscles affected: P, L, S

5 LATERAL RAISE



Muscles affected: G, D, P

6 SINGLE ARM PREACHER CURL



Muscles affected: C, E

7 TRICEPS KICKBACK



Muscles affected: W

8 UPRIGHT ROW



Muscles affected: C, E, L, G, K

9 STANDING ROW



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

10 BICEPS CURL



Muscles affected: C, E

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: W

12 STANDING CURL



Muscles affected: C, E

13 TRICEPS PUSH-DOWN



Muscles affected: C, E

14 STIFF ARM PULL-DOWN



Muscles affected: E, R, S

15 LAT PULL-DOWN



Muscles affected: C, E, R, S

16 BENT ROW



Muscles affected: E, G, R, S

17 CALF RAISE



Muscles affected: K, E

18 BICEPS-TRICEPS COMBO



Muscles affected: C, E

19 HIP FLEXION



Muscles affected: P, L, S

20 LEG EXTENSION



Muscles affected: W

21 LEG CURL



Muscles affected: V, W

22 ABDUCTION/ADDUCTION



Muscles affected: G, D, L, N

23 HEEL KICK



Muscles affected: W, L, V, W

24 SHOULDER RAISE



Muscles affected: L

25 PREACHER CURL



Muscles affected: C, E

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



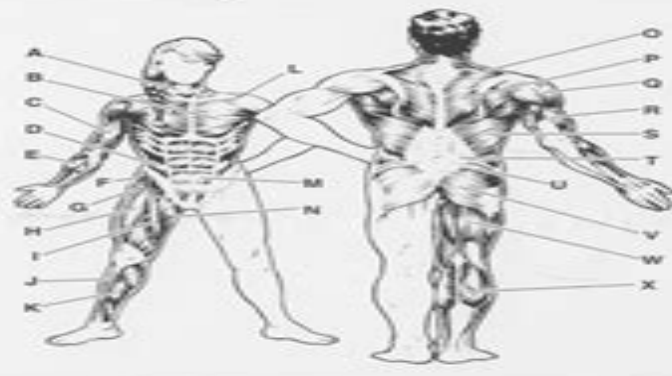
Muscles affected: G, W

28 SHOULDER SHRUG



Muscles affected: G, P

MUSCLE CHART



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The exercises shown can be performed with WEIDER[®] weight systems. However, you may not be able to perform all exercises with your model. For best results, consult your instructor. Photographs show the correct starting or ending position for each exercise.

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

Los ejercicios que se muestran se pueden hacer con el sistema de pesas WEIDER[®]. Sin embargo, puede ser posible que no pueda hacer todos los ejercicios con su modelo. Para los mejores resultados, consulte con su instructor. Las fotografías muestran la posición correcta para el inicio y el final de cada ejercicio.

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Die Übungen, die hier gezeigt werden, können mit WEIDER[®] Gewichtsübungs-Systemen durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein bestimmtes Übung nicht mit Ihrem Trainingsmodell durchführen können. Für die besten Ergebnisse ist es wichtig, mit dem Trainer Rücksprache zu halten. Die Fotos zeigen die korrekte Start- und Endposition für die einzelnen Übungen.

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Weider Weight Systems Exercise Guide

**United States. Congress. Senate.
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using Ericksonian Hypnotherapy This book provides mental health professionals with a practical resource that will help them initiate permanent habit change in their clients lives Hypnotherapy has been proven to help people break poor eating habits quit smoking reduce alcohol and drug consumption and manage stress The book provides eclectic and innovative behavioral and naturalistic interventions that can be individually tailored to help clients regain control of their lives The authors offer specific strategies processes metaphors images reframing techniques task assignments and other innovative techniques for managing unwanted habits beginning with the initial client contact and continuing through relapse prevention and follow up reinforcement sessions Assists practitioners in helping clients understand and access their internal resources to help them initiate permanent habit control Demonstrates how to employ the Enneagram a profound psychological and spiritual tool for understanding the self and offering pragmatic insight to initiate behavioral changes Presents case histories from the authors own clinical work to illustrate the interventions in practical and strategic ways Includes end of chapter activities to improve skills such as generating individualized treatment plans and conducting personality assessments Hypnotherapy serves as a less expensive alternative approach for improving the quality of life and helping people adopt healthier lifestyles through behavioral change Ebony ,1974-05 **Success Unlimited** ,1974 Field & Stream ,1973-09 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations Esquire ,1978 Ebony ,1974-08 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine Nutrition and Diseases--1973 [-1974] United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1973 **Popular Mechanics** ,1997-07 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Cairo** Claire E. Francy,Lesley Lababidi,2008-06 The guide described by The New York Times as indispensable revised and updated for 2008 fills a vital niche for expatriates and Cairenes alike who need a helping hand to organize and enjoy the challenges of a sojourn in Cairo The basics of daily life finding a flat transporting personal goods investigating school options for children navigating Egypt s famous bureaucracy and the intricacies of feeding and clothing oneself and one s family from the local market are all detailed here Advice gathered from a wide range of Cairo insiders both native and foreign gives the reader a cornucopia of current facts on prices neighborhoods product availability work and business opportunities and the dizzying range of cultural and leisure pursuits that Cairo is famous for The format of this edition addresses the needs of independently minded tourists as well as residents by the inclusion of an A to Z directory of goods services and interests subdivided by neighborhood a language section on the basics of Cairene Arabic and details on shopping and sightseeing from a resident s perspective Cairo The Practical Guide now in its sixteenth edition is the key to

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