

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: C, 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, C, R, S

9 STANDING ROW



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

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

⚠ WARNING: Read the warning information and safety precautions in the user's manual before exercising.

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

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, C, R, S

15 LAT PULL-DOWN



Muscles affected: C, E, R, S

16 BENT ROW



Muscles affected: E, C, R, S

17 CALF RAISE



Muscles affected: C, E

18 BICEPS-TRICEPS COMBO



Muscles affected: C, E

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

⚠ AVISO: Lea la información de advertencia y precauciones de seguridad en el manual del usuario antes de hacer ejercicio.

Los ejercicios que se muestran en estas páginas pueden ser realizados con los sistemas de pesas WEIDER[®]. Sin embargo, puede que no pueda realizar todos los ejercicios con su peso corporal. Para los mejores resultados, consulte a su instructor. Las fotografías muestran la posición correcta de inicio y de finalización para cada ejercicio.

⚠ WARNING: Read the warning information and safety precautions in the user's manual before exercising.

Die Übungen, die hier gezeigt werden, können mit WEIDER[®] Gewichts-Systemen durchgeführt werden. Dennoch kann es vorkommen, dass Sie ein Übung nicht mit Ihrem Körpergewicht ausführen können. Für die besten Ergebnisse, konsultieren Sie Ihren Trainer. Die Fotografien zeigen die richtige Start- und Endposition für die einzelnen Übungen.

19 HIP FLEXION



Muscles affected: P, L, S

20 LEG EXTENSION



Muscles affected: W

21 LEG CURL



Muscles affected: C, E, W

22 ABDUCTION/ADDUCTION



Muscles affected: C, D, L, S

23 HEEL KICK



Muscles affected: W, L, S, W

24 SHOULDER RAISE



Muscles affected: C, L

25 PREACHER CURL



Muscles affected: C, E

26 ABDOMINAL CRUNCH



Muscles affected: W

27 OBLIQUE CRUNCH



Muscles affected: C, W

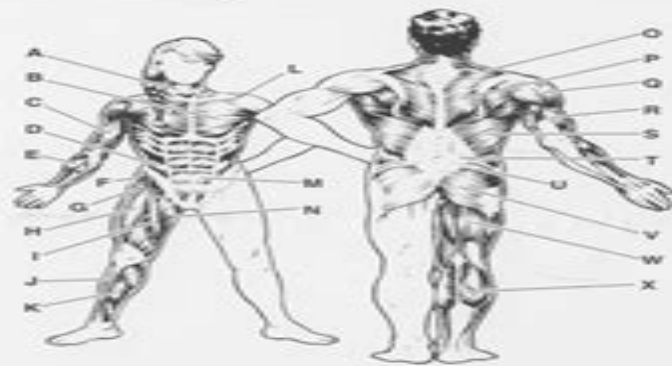
28 SHOULDER SHRUG



Muscles affected: C, P

29

MUSCLE CHART



⚠ AVVERTIMENTO: Leggere le informazioni di avvertimento e le precauzioni di sicurezza nel manuale dell'utente prima di iniziare l'esercizio.

Le esercizi mostrati possono essere eseguiti con i sistemi di pesa WEIDER[®]. Tuttavia, potrebbe non essere possibile per tutti eseguire tutti gli esercizi con il proprio peso corporeo. Per i migliori risultati, consultare il proprio istruttore. Le fotografie mostrano la posizione corretta di inizio e di fine per ogni esercizio.

⚠ AVVERTENZA: Leggere le informazioni di avvertimento e le precauzioni di sicurezza nel manuale dell'utente prima di iniziare l'esercizio.

Os exercícios mostrados podem ser realizados com os sistemas de pesos WEIDER[®]. No entanto, pode não ser possível para todos realizarem todos os exercícios com o próprio peso corporal. Para os melhores resultados, consulte o seu instrutor. As fotografias mostram a posição correta de início e de fim para cada exercício.

Weider Exercise Guide

Yan Bai

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the 'Yan Bai' text.

Weider Exercise Guide:

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reps and sets This practical approach provides you with everything you need to incorporate the method into your program immediately Throughout you will find programming tips to help you create your own training plan to fit your individual needs The eight sample programs provided can be followed as is or used as a blueprint for personalized programs Whether you are a fitness enthusiast working out at home a serious gym goer an athlete or a strength or fitness professional The Complete Guide to Strength Training Methods is the comprehensive yet practical resource you need to keep your workouts fresh challenging and on point to reach your goals The U.S. Navy SEAL Guide to Nutrition Patricia A. Deuster, Pierre A. Pelletier, Anita Singh, 2013-05-22 Learn to control your food intake and care for your body like a U S Navy **Dr. Bob Arnot's Guide to Turning Back the Clock** Bob Arnot, 2009-11-11 In his bestselling Guide to Turning Back the Clock Dr Bob Arnot showed men everywhere how to look younger feel younger be younger Now in his new book he reveals the secrets of permanent weight loss for both men and women and gives us a breakthrough eating plan for the twenty first century Drawing on up to the minute research in many disciplines Arnot demonstrates that foods act like drugs on the body some invariably promote weight gain and make us feel terrible others almost guarantee weight loss and make us feel terrific Armed with these findings Arnot shows step by step how anyone can discover new energy shed unwanted pounds and never suffer from hunger pangs simply by eating the right foods in the right combinations Complete with the most potent food charts ever assembled a complete arsenal of foods to promote weight control plus fat loss accelerators fat ripping exercises tips on dining in restaurants and much more Dr Bob Arnot s Perfect Weight Control for Men and Women is the ultimate guide for everyone who wants to feel great lose weight and look great Dr. Gallagher's Guide to 21st Century Medicine Atlas Publishing Company, Martin P. Gallagher, 1997-08 **Pocket Orthopaedics** Michael Wong, 2010-09-15 The Orthopaedic Clinical Handbook is a pocket guide for students in any orthopedic course including physicians physical therapists and assistants chiropractors and athletic trainers This useful resource is organized in a manner that is helpful for both students and clinicians the reader will find the information they need easily as the information is organized by body regions and includes medical screening differential diagnosis tables origin insertion nerve supply and action of muscles Suggestions for evaluation post surgical rehab protocols and evidence based parameters for mod **The Complete Guide To Herbal Medicines** Charles W. Fetrow, Juan R. Avila, 2000-09 Each herbal medicine entry contains information on why people use the herb what the research shows common doses side effects interactions with drugs important points to remember and references to scientific studies Black Belt , 1974-08 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Therapist's Guide to Clinical Intervention** Sharon L. Johnson, 2017-06-09 Therapist s Guide to Clinical

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Conditioning for MMA Stéfane Beloni Correa Dielle Dias, Everton Bittar Oliveira, André Geraldo Brauer Júnior, Pavel Vladimirovich Pashkin, 2022-09-08 The number of athletes training for and competing in mixed martial arts has skyrocketed to over 3.6 million making it one of the world's fastest growing sports To succeed fighters need to not only master various martial arts disciplines but also develop the physical stamina and mental endurance to dominate their opponents Based on the latest science and research Training and Conditioning for MMA details physical training nutrition and injury prevention for all martial arts disciplines It uses actual training programs and showcases real examples recurring in the day to day preparation of countless elite MMA fighters from the American Top Team UFC Bellator Sambo and Jiu Jitsu World Championships Collectively the 21 contributors to this book have trained over 200 amateur professional national and Olympic MMA champions including Amanda Nunes Junior Dos Santos Marcus Buchecha Almeida Mark Hunt Yoel Romero Hector Lombard and Glover Teixeira The quality and extent of the knowledge they share in these pages is simply unmatched in the world of MMA training resources Developed for combat athletes and the trainers and coaches who work with them Training and Conditioning for MMA is a complete manual for all training related aspects of MMA featuring the following Methodology of sports training including the periodization model used at American Top Team Principles for designing a fighter's training program Physical assessment of a fighter from body composition to flexibility Importance of nutrition in high level training More than 45 proven training programs for a wide range of martial arts disciplines athlete types and levels accompanied by photos of professional MMA fighters demonstrating exercises and techniques Prevention strategies for MMA related injuries Comprehensive yet practical Training and Conditioning for MMA is the definitive resource for success for developing future champions Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam *TV Guide*, 1975 **Paperbound Books in Print**, 1992

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