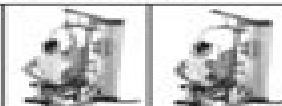


1 CHEST PRESS



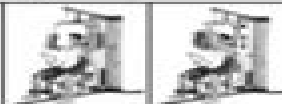
Muscles affected: P, R, A, M

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, R, M, B

3 CHEST FLY



Muscles affected: P, R

4 BENT LATERAL RAISE



Muscles affected: L, R, M

5 LATERAL RAISE



Muscles affected: L, R, M, B

6 SINGLE ARM PREACHER CURL



Muscles affected: B, R

7 TRICEPS KICKBACK



Muscles affected: R

8 UPRIGHT ROW

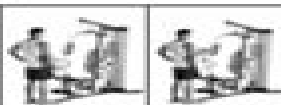


Muscles affected: R, L, B, R, A, M

9 STANDING ROW

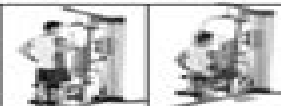


10 BICEPS CURL



Muscles affected: B, R

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: R

12 STANDING CURL



Muscles affected: B, R

13 TRICEPS PUSH-DOWN



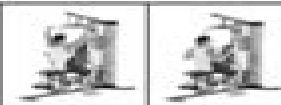
Muscles affected: R, M

14 STIFF ARM PULL-DOWN



Muscles affected: B, R, L, M, B

15 LAT PULL-DOWN



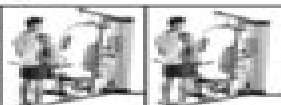
Muscles affected: L, B, R, M, B

16 BENT ROW



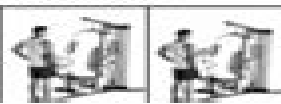
Muscles affected: B, R, L, M, B

17 CALF RAISE



Muscles affected: R, B

18 BICEPS-TRICEPS COMBO

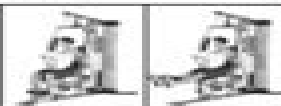


19 HIP FLEXION



Muscles affected: R, L, B

20 LEG EXTENSION



Muscles affected: R

21 LEG CURL



Muscles affected: R, M

22 ABDUCTION/ADDUCTION



Muscles affected: R, L, B, R, M

23 HEEL ROCK



Muscles affected: R, L, B, R, M

24 SHOULDER RAISE



Muscles affected: R, M

25 PREACHER CURL



Muscles affected: B, R

26 ABDOMINAL CRUNCH



Muscles affected: R

27 OBLIQUE CRUNCH



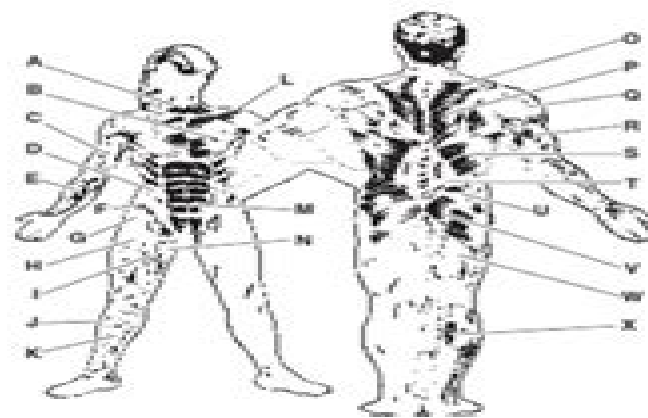
Muscles affected: R, M

28 SHOULDER SHRUG



Muscles affected: L, R

MUSCLE CHART



Weider Home Gym Exercise Guide Chart

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A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the publisher's name.

Weider Home Gym Exercise Guide Chart:

The Edge Ben Weider, Joe Weider, Daniel Gastelu, 2003 The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight training Shape, 1994 **Popular Mechanics**, 1966-04 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 **America Buys**, 1981 **The Home Workout Plan for Beginners** Dale L Roberts, 2019-02-06 Workout at Home with this Exercise Program for Beginners Are you ready to finally start working out but don't know where to begin Wouldn't it be nice to get a simple exercise program you can do from the comforts of your home Then The Home Workout Plan for Beginners has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources The Home Workout Plan for Beginners gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In The Home Workout Plan for Beginners you'll discover Why you don't have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don't have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results ASAP Stop hoping to get results by blindly searching online for answers Get the right information on the best steps for a beginner's home workout plan right NOW Get Your Copy and Start Your NEW At Home Workout Routine TODAY **One Minute to a Better Body** Muscle and Fitness, 2003-03 If you have a minute you can improve how you train Using the easy to follow format of Muscle Elements of Your Workout Perfect Form Great Guns and a Six Pack Steel Wheels Heart Smarts Tools of the Trade Women in the Weight Room Whether you are a beginner or a professional you are sure to learn something to take your training to the next level Home Fitness Regimen Training Guide Shawn Burke, 2021-01-17 Do you want an easy and affordable option for your daily fitness schedule If you think maintaining fitness starts and stops at the gym you need to think again While going to those establishments is all well and good they're not the be all and end all when it comes to keeping physically at times even mentally fit Sure they have the fancy equipment the trainers who can keep you on track and other amenities to make working out a luxurious experience But at the end of the day what's most important is you and how you feel And you can keep fit just as well at home as you do in any gym Finding Time For Fitness Is Never Easy But Home Training Could Provide The Answer From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house at home workouts could be the key to your fitness Discover How To Incorporate Home Fitness Programs In Your Daily Routine To

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The Beginner's Home Workout Plan Dale L. Roberts, 2016-06-13 Are you ready to finally begin working out but don t know where to start Wouldn t it be nice to get a simple exercise program you can do anywhere and at any time Then The Beginner s Home Workout Plan has exactly what you need without all the extra filler The 1 Best Selling Fitness Author Dale L Roberts put together the best first step for anyone new to fitness Stop fooling around with stupid fad diets trendy workout programs or shaky theories that don t have a leg to stand on You need sound advice on the fundamentals of working out with credible resources and proven results The Beginner s Home Workout Plan gives everything you need to start your new healthy lifestyle on the right foot and continue on to even better health and fitness In The Beginner s Home Workout Plan you ll discover Why beginners don t have to kill themselves for impressive results How short hit and split exercise programs work best What the simple exercises that are missing from most workout plans How less workout equipment equals less stress Fun yet powerful workouts to bring out the best in the beginner Appropriate home

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The Ultimate Exercise Guide Nicolas Andreou, 2025-01-30 The Ultimate Exercise Guide Back Edition 120 How to Instructions for Home and Gym Are you ready to build and strengthen your Abdominals with a comprehensive easy to follow guide Look no further than The Ultimate Exercise Guide Back Edition your essential resource for mastering 120 targeted back exercises designed for home workouts and gym sessions Whether you're a beginner intermediate or advanced fitness enthusiast this book will help you sculpt a powerful back with expert guidance and visual support What Makes This Guide Stand Out 120 Back Exercises A wide range of exercises that target your back and trapezius from every angle ensuring complete muscle activation for optimal results Includes Bodyweight Machines Suspension Trainer Resistance Bands Dumbbells Barbell exercises and more Step by Step Instructions Detailed how to instructions for every exercise eliminating guesswork and ensuring you perform each move correctly High Quality 3D Illustrations Visualize your exercises with state of the art 3D illustrations clearly demonstrating form and muscle engagement QR Codes for Video Demonstrations Get access to exercise animation videos by scanning QR codes included with each exercise offering you real time demonstrations and extra visual support For Home or Gym Whether you're working out at home with minimal equipment or hitting the gym this guide covers bodyweight free weights resistance bands and machine exercises For All Fitness Levels Discover a range of exercises perfect for both beginners and advanced athletes No matter your level there's something for you Why Choose The Ultimate Exercise Guide Back Edition Build Strength it's your ultimate resource for building muscle improving strength and enhancing your fitness journey Don't miss out this guide is a must have for anyone serious about training their back

The 90-Day Home Workout Plan Dale L. Roberts, 2015-03-13 At Home Workouts to Lose Weight and Build Muscle These fast and simple workouts burn fat and build muscle all from the comforts of your home You can exercise in the privacy of your home so you're free to wear what you want act how you like and crank your favorite workout songs while you get into great shape While the gym is the perfect respite from a long day of work there are times when the gym is one huge inconvenience People drop weights invade your personal space and sometimes smell so awful you get your cardio training simply running away from them It takes every fiber of your being not to turn around and just head home Well you want to know what You don't have to deal with the gym and can still get a killer workout And The 90 Day Home Workout Plan is your solution The 90 Day Home Workout Plan includes How to have a kickass workout in record time HINT You won't spend hours I guarantee that

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A Complete Guide to At-Home Workouts: Tips, Equipment & Fitness Exercises Bob Babson, 2025-07-15 A Complete Guide to At Home Workouts Tips Equipment Fitness Exercises by Bob Babson Description Get fit stay strong and feel your best right from home Whether you're a beginner or looking to upgrade your home fitness routine this complete guide helps you create effective efficient workouts without the need for a gym From bodyweight moves to simple gear suggestions you'll find everything you need to start and stay motivated Inside you'll discover Easy to follow workouts for strength cardio flexibility and balance How to choose affordable space saving home workout equipment Sample workout plans for weight loss toning and general fitness Tips for staying motivated tracking progress and avoiding injuries Adaptable routines for all levels from beginner to advanced Quick workouts for busy schedules including 10 minute circuits Bonus Stretching and recovery techniques for overall wellness This is your go to fitness companion for staying active energized and confident no gym required

Home Fitness Suzanne Falaschetti, 2003-12 Exercise physiologist and wellness expert Suzanne Falaschetti presents sound advice on how to design and implement a home exercise plan Falaschetti guides the reader step by step as they prepare for exercise design a workout plan and select safe and appropriate exercise equipment Includes logical easy to follow exercises and workouts in sensible progressions that are suitable for beginners and advanced exercisers alike The book offers chapters on preparing for exercise personal workout plans a shopping guide to home gym equipment with specific information on cardiovascular and strength training equipment and much more

Home Workouts A. G. Scott, 2020-10-12 How to tone and sculpt your body even if you hate cardio or have never stepped inside a gym and don't plan on doing so At one point or another we've all told ourselves I'm going to sign up for a gym membership and really do it this time or I swear I'll do my workout later on tonight We all know the benefits of exercise It improves our physical and mental health gives us more energy and boosts our self image So why is it so hard to start an exercise regimen and even harder to stick to it Despite our best intentions life gets in the way and there always seems to be an obstacle stopping us from actively trying to live healthier Whatever the reason continuing to live a sedentary lifestyle isn't doing you any favors In fact physical inactivity is the 4th leading risk factor for global mortality and is a strong predictor for weight gain cardiovascular disease and other chronic conditions Does this mean that you have to make drastic lifestyle changes to start improving your health mentally and physically Or that you need to give up time doing what you love just so you can spend hours in the gym Not at all I'll let you in on a secret that the fitness industry doesn't want you to know You don't need fancy equipment or expensive trainers to sculpt the body that up until now you've only imagined A G Scott knows firsthand the amazing results that can be achieved

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Roberts,2015-12-07 All the Workouts You Will EVER Need in One Book Whether you re just starting out or starting again this comprehensive book of workout plans will help you drastically improve your physique and fitness level In the world of fitness three month workout plans are everywhere you turn You ve even seen plenty of them in magazines online articles and books over the years Are they effective Absolutely But what if you want to change up your workout program Or what if you want to target problematic areas like your butt gut or arms Then An Ultimate Home Workout Plan Bundle has everything you will need in one book The Real Struggle is Having Specific Workout Routines for Anywhere to Use at Any Time Most people have the desire and capacity to exercise but the lack of resources and time stop them from ever getting started Sleepiness keeps you from getting to an early morning boot camp or a small apartment keeps you from making room for weights and equipment Real life obstacles like these can prevent you from exercising at home or the gym An Ultimate Home Workout Plan Bundle helps you overcome typical obstacles that continually get in your way By identifying detailed solutions this book will help you experience a personal breakthrough and achieve your best health and fitness goals This bundle of AWESOME home workout plans includes Workouts designed to be done in less than an hour in a step by step plan Minimal equipment needed do from home or at the gym Great full color pictures for quick exercise references Learn how to maximize the most out of your time with your workout Different exercise routines for each day of the week Includes exercises for all levels from the

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