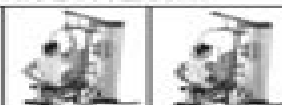


1 CHEST PRESS



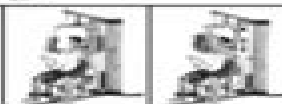
Muscles affected: P, M, A

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, M, A

3 CHEST FLY



Muscles affected: M, A

4 BENT LATERAL RAISE



Muscles affected: M, A, H

5 LATERAL RAISE



Muscles affected: M, A, H

6 SINGLE ARM PREACHER CURL



Muscles affected: M, B

7 TRICEPS KICKBACK



Muscles affected: M

8 UPRIGHT ROW

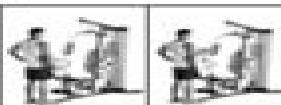


Muscles affected: M, C, L, A, B

9 STANDING ROW



10 BICEPS CURL



Muscles affected: M, B

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: M

12 STANDING CURL



Muscles affected: M, B

13 TRICEPS PUSH-DOWN



Muscles affected: M, A

14 STIFF ARM PULL-DOWN



Muscles affected: M, A, B, H

15 LAT PULL-DOWN



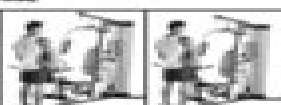
Muscles affected: M, B, H, A

16 BENT ROW



Muscles affected: M, B, H, A

17 CALF RAISE



Muscles affected: M, A

18 BICEPS-TRICEPS COMBO



19 HIP FLEXION



Muscles affected: M, H, A

20 LEG EXTENSION



Muscles affected: M

21 LEG CURL



Muscles affected: M, A

22 ABDUCTION/ADDUCTION



Muscles affected: M, H, A, B, H

23 HEEL ROCK



Muscles affected: M, A, B, H, A

24 SHOULDER RAISE



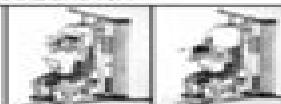
Muscles affected: M, A

25 PREACHER CURL



Muscles affected: M, B

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



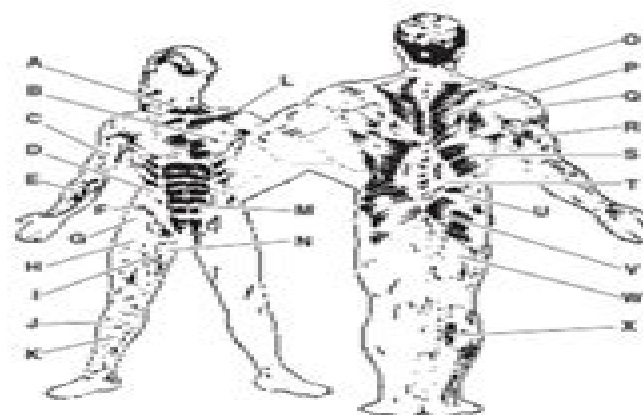
Muscles affected: M, A

28 SHOULDER SHRUG



Muscles affected: M, A

MUSCLE CHART



Weider 29user Guide

J Rink



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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Weider 29user Guide** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect on the hearts and minds of those who partake in its reading experience.

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