

1 BENCH PRESS

Set on the seat and hold the handles with an overhead grip. Press your arms straight up over your head. Return to the starting position.

Muscles affected: B, L, R

2 MILITARY PRESS

Attach the system (as required for the exercise). Set on the seat and grasp the arms with an overhead grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, R

3 BUTTERFLY

Set on the seat and place your arms on the butterfly arms as shown. Press the butterfly arms toward each other until the pads touch. Return to the starting position.

Muscles affected: B, L

4 CALF RAISE

Hold the handles with an overhead grip. Keep your arms at your sides and rise up on your heels. Return to the starting position.

Muscles affected: K, R

5 SQUAT

Hold the handles with an overhead grip and straighten your legs. Slowly bend your legs as shown. Do not allow your feet to move. Return to the starting position.

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Attach the chair arms with your back to the system and your arms hanging straight down. Slowly raise one leg until it is parallel to the floor. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W

7 VERTICAL KNEE RAISE

Attach the chair arms with your back to the system and your arms hanging straight down. Slowly raise your legs as high as they will go, keeping your feet in front of your face. Return to the starting position.

Muscles affected: F, W

8 ASSISTED DIP

Grab the desired weight holding. Grasp the bar handles with your arms straight and your knees resting on the pads as shown. Slowly lower your body by bending your elbows. Return to the starting position.

Muscles affected: B, L, Q, R, Q, R, S

9 PULL-UP

Attach the pull-up handles as shown. Lower your body until your arms are straight. Slowly pull your body up until your chin is over the bar. Return to the starting position.

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

10 PREACHER CURL

Set on the seat and rest your arms on the bar pad. Hold the bar with an overhead grip and extend your arms. Slowly curl the bar toward your chest. Return to the starting position.

Muscles affected: C, E



11 LEG PRESS

Set on the seat and place your feet on the press plate as shown. Press forward until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, W, R

12 LEG EXTENSION

Set on the seat and position your feet under the pads on the leg tower. Place the leg under until your legs are straight. Return to the starting position.

Muscles affected: H

13 LEG CURL

Stand with the back of one leg resting against one of the pads on the leg tower. Place the leg under by bending your legs as shown. Return to the starting position.

Muscles affected: H

14 AB CRUNCH

Attach the ab straps to the ab cables. Hold the ab straps over your shoulders. Lie on your back, bending all your knees and keeping your back straight.

Muscles affected: H

15 TRICEPS PRESS DOWN

Attach the bar to the high cable. Facing the system, hold the bar with an overhead grip. Keep your arms straight. Lower the bar until your arms are straight. Return to the starting position.

Muscles affected: S, R

16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Attach the bar with an overhead grip. Your hands should be shoulder width apart. While your arms are straight, push the bar down toward your legs. Return to the starting position.

Muscles affected: S, R, R, S

17 LAT PULL-DOWN

Attach the bar to the high cable. Sit facing the system, extend your arms up and hold the ends of the bar with an overhead grip. Pull the bar down in front of your face. Return to the starting position.

Muscles affected: C, E, R, S

18 TRICEPS EXTENSION

Attach the bar to the high cable. Set on the seat and hold the bar above your head with your elbows bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: S, R

19 CROSSOVER FLY

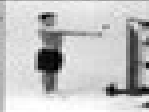
Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, R

20 BACK EXTENSION

Attach the bar to the low cable. Set on the seat and hold the bar with an overhead grip. Keep your back straight and bend back at the hips. Return to the starting position.

Muscles affected: T



21 DEAD LIFT

Attach the bar to the low cable. Stand with your knees and hold the bar with an overhead grip. Keep your back straight, and your feet up. Return to the starting position.

Muscles affected: S, H, T, R, W

22 SIDE BEND

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downward and hold the handle with your arm at your side and bent to the side as shown. Return to the starting position.

Muscles affected: C, E, R

23 SHOULDER SHRUG

Attach the bar to the low cable. Extend your arms straight and hold the bar with an overhead grip. Keep your arms at your sides. Shrug your shoulders up. Return to the starting position.

Muscles affected: S, Q, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhead grip. Extend your arm back, lifting the handle over your head. Return to the starting position.

Muscles affected: S, R

25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm straight and hold the handle with an overhead grip. Keep your arm at your side and curl the handle toward your chest. Return to the starting position.

Muscles affected: C, E

26 FRONT KICK

Attach the arms strap to the low cable. Stand with your feet shoulder width apart. Kick your leg straight and move it forward as shown. Return to the starting position.

Muscles affected: F, S, R, T

27 HEEL KICK

Attach the arms strap to the low cable. Stand with your feet shoulder width apart. Kick your leg back as shown. Return to the starting position.

Muscles affected: C, S, W

28 HIP ADDUCTION

Attach the arms strap to the low cable. Stand sideways and extend your inside leg into the arms strap. Keep your arms and legs straight. Return to the starting position.

Muscles affected: L, H

29 HIP ABDUCTION

Attach the arms strap to the low cable. Stand sideways and extend your outside leg into the arms strap. Keep your arms and legs straight. Return to the starting position.

Muscles affected: S, W

30 STRANDING CURL

Attach the bar to the low cable. Stand with your feet shoulder width apart and hold the bar with an overhead grip. Keep your arms at your sides and pull the bar toward your chest. Return to the starting position.

Muscles affected: C, E



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm forward and bend your arm at the elbow. Raise the handle to the side until your arm is level with your shoulder. Return to the starting position.

Muscles affected: L, Q, Q

32 BENT LATERAL RAISE

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downward and hold the handle with your arm at your side. Raise the handle to the side until your arm is level with your shoulder. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the bar to the low cable. Extend your arms downward and hold the bar with an overhead grip. Keeping your arms straight, raise the bar to the front of your chest. Return to the starting position.

Muscles affected: L, R, Q

34 UPRIGHT ROW

Attach the bar to the low cable. Hold the bar with an overhead grip. Lift the bar up to your chest. Return to the starting position.

Muscles affected: C, E, L, Q, R, Q

35 BENT ROW

Attach the handles to the low cable. Stand sideways, extend your arms, and bend the handles with an overhead grip. Keeping your arms straight, pull the handles toward your chest. Return to the starting position.

Muscles affected: C, E, S, P, Q, S, T

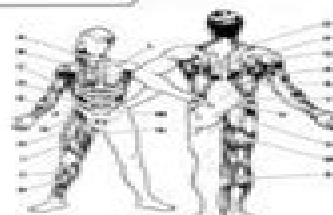
36 SEATED ROW

Attach the bar to the low cable. Sit on the floor and hold the bar with an overhead grip. Pull the bar toward your chest and bend back. Return to the starting position.

Muscles affected: C, E, S, P, Q, S, T



MUSCLE CHART



- | | |
|---------------------------------|--------------------------------|
| A. Deltomastoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboid |
| D. Triceps (back of arm) | Q. Latissimus (back of arm) |
| E. Brachioradialis (forearm) | R. Pectoralis (chest) |
| F. Hip Flexors (upper thigh) | S. Quadriceps (front of thigh) |
| G. Hamstrings (inner thigh) | T. Gluteus (back of thigh) |
| H. Quadriceps (front of thigh) | U. Soleus (back of calf) |
| I. Gastrocnemius (back of calf) | V. Soleus (back of calf) |
| J. Gastrocnemius (back of calf) | W. Soleus (back of calf) |
| K. Soleus (back of calf) | X. Soleus (back of calf) |
| L. Soleus (back of calf) | Y. Soleus (back of calf) |
| M. Rectus Abdominus (abdomen) | Z. Soleus (back of calf) |

Weider Home Gym Exercise Guide 8515

Ben Weider, Joe Weider, Daniel Gastelu

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

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SRDS Consumer Magazine

Advertising Source ,1998-05

American Manufacturers Directory ,1998

D&B Reference Book of Corporate

Managements ,2008

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 Lose Weight Get Fit And Look Good Right From The Comfort Of Your Home So here s what you are going to discover in this Advanced Home Fitness Regimen Info Course A General Overview About Home Fitness Regimens Find Out How To Create Your Awesome Home Gym Explore How Muscle Growth Works Discover Everything About Using Intensity Techniques to Unlock Your Full Potential Find Out About Training Your Legs At Home Know Everything About Bodyweight Training and How to Learn Incredible Beast Moves Find Out About Introducing Cardio and Weight Loss Discover The Last Piece of the Puzzle Diet Find Out All About The Benefits of Staying Fit Discover All About Doing It For Yourself And So Much More 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 Home Fitness entails exactly what it implies executing your personal fitness routine while at home using a variety of different techniques Home fitness has been in our lives for decades and it s taken on a new role since the Covid 19 pandemic closed gyms around the world Whether it s a yoga class on Zoom or panic buying a Peloton many of us are trying to find ways to exercise effectively within four walls Whether you are looking to improve your cardiovascular system lose weight gain lean muscle mass or just stay active in home training has a place in your life And the benefits of staying fit are no secret Improvements in cardiovascular and respiratory health better regulation of blood sugar the potential to reduce or eliminate prescription medications such as for diabetes or blood pressure weight loss reduction in cancer risk and improved musculoskeletal strength are some of the better known But when you re working out at home you re responsible for the whole plan What exercises should you do How many reps of each How often should you rest Are you feeling a cardio workout An upper body workout Or do you want to fit in a total body workout instead For many of us answering all these questions is an added stress we d rather avoid right now And the good news is that s something you can

avoid without skipping your workout We are about to show you an immaculate at home workout program that take the guesswork out for you and will give you the whole exercise plan *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 *The Home Workout Plan for Beginners* Dale L Roberts,2019-02-06

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Describes the features of more than 150 barbells trampolines rowing machines stationary bicycles weight benches and other home exercise equipment *The Ultimate Exercise Guide* Nicolas Andreou,2025-01-30

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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.

Weight Training For Dummies Liz Neporent, Suzanne Schlosberg, Shirley J. Archer, 2011-03-03. A properly executed strength or weight lifting regimen can lower your blood pressure and cholesterol levels, stabilize your blood sugar, reduce the risk of heart disease, increase your strength and more. *Weight Training For Dummies Third Edition* is packed with all the information you need to start your own personalized weight training program and get yourself into peak condition fast. You'll find out about Circuit and resistance training, 20 minute weight training routines, the newest and best weight training equipment, combining weight training with other exercise, gender differences in weight training goals and routines, specific approaches for baby boomers and seniors just starting out, using weight training to address specific health conditions, preventing injuries, weight training for children and teens. If you're getting pumped about weight training, don't delay. Buy *Weight Training for Dummies Third*

Edition today and you'll be in shape in no time *The Men's Health Home Workout Bible* Lou Schuler, Michael Mejia, 2002 A comprehensive guide to effective strength training at home offers coverage of a range of fitness equipment and experience levels and provides consumer tips for expanding a home gym **Ironman's Home Gym Handbook** Steve Holman, 1990

The Ultimate Exercise Guide Nicolas Andreou, 2024-11-17 The Ultimate Exercise Guide Arms Edition 167 How to Instructions for Home and Gym Are you ready to build and strengthen your Arms including 88 Biceps 61 Triceps and 18 Forearm exercises with a comprehensive easy to follow guide Look no further than The Ultimate Exercise Guide Arms Edition your essential resource for mastering 167 targeted arms exercises designed for home workouts and gym sessions Whether you're a beginner intermediate or advanced fitness enthusiast this book will help you sculpt powerful arms with expert guidance and visual support What Makes This Guide Stand Out 167 Arms Exercises A wide range of exercises that target your Biceps Triceps and Forearms from every angle ensuring complete muscle activation for optimal results Includes Bodyweight Free Weights Dumbbells Barbell and more Machines Suspension Trainer Resistance Band exercises and more 167 Step by Step Instructions Detailed how to instructions for every exercise eliminating guesswork and ensuring you perform each move correctly 167 High Quality Color 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 Arms 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 arms 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 Workout Exercises* Lawrence H Young, 2021-04-04 55% off Bookstores Discounted retail price now of 19.95 instead of 26.95 Do you want to keep fit but don't have the time to go to the gym Your clients will never stop thanking you for making their lives healthier Thousands of People Love Fitness But Only a Few Do It Well At this time it is very easy to stay at home and continue eating and thus gaining weight and losing shape which is very bad for general health and body fitness It is therefore very important to keep fit by exercising at home even without the use of fitness equipment This guide will show you simple and effective exercises you can perform at home alone or in pairs to maintain body fitness and overall health allowing you to remain fit even without going to the gym Get yours today at this special

launch price Buy it Now and let your customers get addicted to this amazing book **The Ultimate Exercise Guide** Nicolas Andreou, 2024-12-06 The Ultimate Exercise Guide Chest Edition 107 How to Instructions for Home and Gym Are you ready to build and strengthen your chest with 107 chest exercises and a comprehensive easy to follow guide Look no further than The Ultimate Exercise Guide Chest Edition your essential resource for mastering 107 targeted chest 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 chest with expert guidance and visual support What Makes This Guide Stand Out 107 Chest Exercises A wide range of exercises that target your pectorals from every angle ensuring complete muscle activation for optimal results Includes Bodyweight Free Weights Dumbbells Barbell and more Machines Suspension Trainer Resistance Band exercises and more 107 Step by Step Instructions Detailed how to instructions for every exercise eliminating guesswork and ensuring you perform each move correctly 107 High Quality Color 3D Illustrations Visualize your exercises with state of the art 3D illustrations clearly demonstrating form and muscle engagement 107 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 Chest 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 pectorals

Training Notebook Weider Publications, LLC, 2002 At last the complete fully illustrated guide to weight training exercises based on the popular Muscle Fitness column Training Notebook Now all in one place 74 of the best exercises ever with step by step directions for building a strong muscular physique This easy to follow format lets you choose from a variety of exercises for each bodypart from back and biceps to chest and calves You can now change up your training so you keep making gains while you hit your muscles from new angles every workout The Muscle Fitness Training Notebook provides detailed instruction on doing each movement correctly for maximum effectiveness and safety Special tips let you customize each exercise for your individual goals whether you want wider shoulders or stronger legs The training log lets you keep track of your sets reps and poundage along with your progress Color coded anatomy drawings show you the muscles in action with sports applications for each exercise listed Expand your exercise inventory with this essential guide The spiral bound format provides easy access for convenient use while you train

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