

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, W, L

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



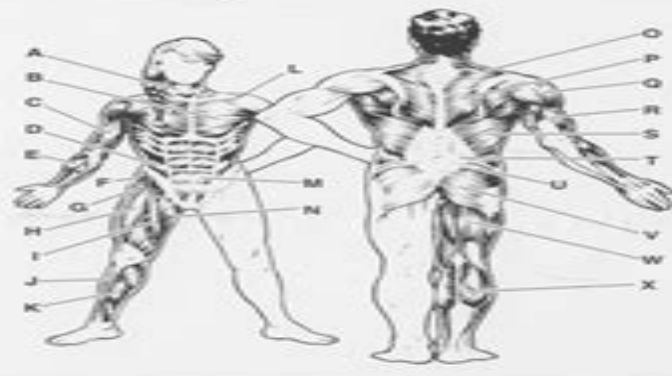
Muscles affected: D, W

28 SHOULDER SHRUG



Muscles affected: G, P

MUSCLE CHART



⚠ WARNING: Read the instruction 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 model. For best results, consult your dealer for exercise photographs and 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 en estas páginas pueden ser realizados con los sistemas de pesas WEIDER[®]. Sin embargo, puede ser posible que no pueda realizar todos los ejercicios con su modelo. Para los mejores resultados, consulte a su representante para obtener fotografías de ejercicios y la posición correcta de inicio y de finalización de cada ejercicio.

⚠ WARNUNG: Bitte lesen Sie die Trainingsanweisungen und Sicherheitsvorschriften des Benutzershandbuchs, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können mit WEIDER[®] Gewichtsübungs-Systemen durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein bestimmtes Training nicht mit Ihrem Trainingsmodell durchführen können. Für die besten Ergebnisse ist es wichtig, konsultieren Sie Ihren Händler für die richtige Start- und Endposition der Übungen. Bitte lesen Sie die korrekte Start- und Endposition für die einzelnen Übungen.

⚠ AVERTISSEMENT: Veuillez lire attentivement les instructions de l'utilisateur avant d'exécuter les exercices de musculation.

Les exercices indiqués peuvent être réalisés avec les systèmes de poids WEIDER[®]. Cependant, vous ne pouvez pas réaliser tous les exercices avec votre modèle d'appareil. Pour de meilleurs résultats, consultez votre fournisseur pour obtenir des photographies des exercices et la position correcte de début et de fin pour chaque exercice.

⚠ AVVERTENZA: Leggere le istruzioni dell'utente attentamente e le precauzioni di sicurezza prima di cominciare gli esercizi.

Gli esercizi indicati possono essere realizzati con gli sistemi di pesatura WEIDER[®]. Tuttavia, potrebbe non essere in grado di eseguire tutti gli esercizi con il vostro modello. Per i migliori risultati, consultare il vostro rivenditore per le fotografie degli esercizi e la posizione di inizio e fine corretta per ciascun esercizio.

Weider Pro Exercise Chart

Laila Nambuppha

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the name bar.

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