

1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Press your arms up, your elbows fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: B, L, R

2 MILITARY PRESS

Mount the system as required for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, R

3 BUTTERFLY

Sit on the seat and spread 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 overhand grip. Keep your arms at your sides and rise up on your toes as far as possible. Return to the starting position.

Muscles affected: K, R

5 SQUAT

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

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Mount the VCR arms with your back to the system and your arms supporting your weight. Swing raise one leg until it is parallel with the floor. Repeat raising your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: G, F, M

7 VERTICAL KNEE RAISE

Mount the VCR arms with your back to the system and your arms supporting your weight. Slowly raise your knees as high as they will go. Keep your legs straight and your feet flat on the floor. Return to the starting position.

Muscles affected: F, M

8 ASSISTED DIP

Select the desired weight setting. Grasp the dip 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, P, Q, R, S

9 PULL-UP

Grasp 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

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

Muscles affected: C, E

11 LEG PRESS

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

Muscles affected: H, V, W, X

12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Raise the leg lever until your legs are straight. Return to the starting position.

Muscles affected: H

13 LEG CURL

Mount the bar to the back of one leg resting against one of the pads on the leg lever. Raise the leg lever by bending your leg as shown. Return to the starting position.

Muscles affected: W

14 AB CRUNCH

Attach the ab straps to the ab cable. Hold the ab straps over your shoulders. Lean forward, bending at your waist and keeping your back straight.

Muscles affected: M

15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Keep your elbows at your sides and curl the bar down. Return to the starting position.

Muscles affected: E, R

16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Stand with your arms extended. Grasp your handles shoulder-width apart. With your elbows slightly bent, push the lat bar forward with your arms. Return to the starting position.

Muscles affected: E, P, R, S

17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms up, and hold the ends of the lat bar with an overhand grip. Pull the lat bar down to your chest. Return to the starting position.

Muscles affected: C, E, P, S

18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows. Keep your upper arms stationary. Slowly extend your arms. Return to the starting position.

Muscles affected: E, R

19 CROSSOVER FLY

Attach the handles to the cables. Stand sideways and hold the handles as shown. Keep your back straight and your feet flat on the floor. Pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, S, S

20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the seat and hold the bar with an overhand grip and extend your arms. Slowly curl the bar toward your chest. Return to the starting position.

Muscles affected: T

21 DEAD LIFT

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

Muscles affected: E, H, L, K, W

22 SIDE BEND

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

Muscles affected: O, E, W

23 SHOULDER SHRUG

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

Muscles affected: E, O, P

24 OVERHEAD EXTENSION

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

Muscles affected: E, S

25 ISOLATION CURL

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

Muscles affected: C, E

26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your arms extended and hold the ankle strap. Kick your leg forward and upward. Return to the starting position.

Muscles affected: F, Q, R, T

27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap. Kick your heel upward. Return to the starting position.

Muscles affected: G, Q, W

28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your inside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: L, M

29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your outside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: Q, W

30 STANDING CURL

Attach the lat bar to the low cable. Stand with your arms extended and hold the lat bar with an overhand grip. Keep your arms at your sides and curl the lat bar up toward your chest. Return to the starting position. To vary this exercise, use the lat bar with an overhand grip.

Muscles affected: C, E

31 LATERAL RAISE

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

Muscles affected: Q, Q

33 FRONT RAISE

Attach the lat bar to the low cable. Extend your arms downward and hold the lat bar with an overhand grip. Keeping your arms straight, raise the lat bar to your shoulders. Return to the starting position.

Muscles affected: L, P, Q

34 UPRIGHT ROW

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

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

35 BENT ROW

Attach the handle to the low cable. Bend forward, extend your arms, and hold the handle with an overhand grip. Keeping your back straight and your knees bent, pull the handle toward your chest. Return to the starting position.

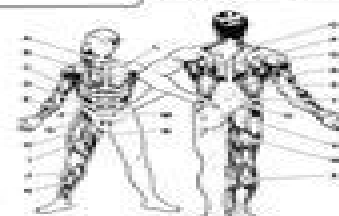
Muscles affected: C, E, Q, P, S, S, T

36 SEATED ROW

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

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

MUSCLE CHART



- | | |
|------------------------------------|------------------------------------|
| 1. Deltomastoid (neck) | 14. Adductor (inner thigh) |
| 2. Pectoralis Major (chest) | 15. Trapezius (upper back) |
| 3. Biceps (front of arm) | 16. Rhomboid |
| 4. Oblique (waist) | 17. Latissimus Dorsi (back of arm) |
| 5. Brachioradialis (forearm) | 18. Pectorator Deltoid (shoulder) |
| 6. Hip Flexors (inner thigh) | 19. Trapezius (back of arm) |
| 7. Adductor (outer thigh) | 20. Latissimus Dorsi (back of arm) |
| 8. Gluteus | |
| 9. Front of thigh | |
| 10. Back of thigh | |
| 11. Biceps (front of thigh) | |
| 12. Triceps (back of thigh) | |
| 13. Front of calf | |
| 14. Soleus (back of calf) | |
| 15. Gastrocnemius (calf) | |
| 16. Rectus Abdominus (abdomen) | |
| 17. Adductor (inner thigh) | |
| 18. Trapezius (upper back) | |
| 19. Rhomboid | |
| 20. Latissimus Dorsi (back of arm) | |

Weider Pro Gym 8900 Workout Guide

Muscle Trainer



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Shape ,1995 *Road and Track* ,1993 *Sports Market Place* ,1991 The premier reference book for everything and everybody related to the sports industry *The Advertising Red Books* ,2005-04 **AT & T Toll-free National Directory** ,1996 *SRDS Consumer Magazine Advertising Source* ,1999 *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 **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 *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 *Training Tips and Routines* Joe Weider,1981-01-01 *Cross-Training For Dummies* Tony Ryan,Martica Heaner,2000-06-16 Anyone can get into a fitness rut You could be exercising regularly but feeling unmotivated about your current routine Or you could be enjoying your workouts but not getting the results you really want You can even be on health club hiatus and looking for a way to get back into exercise mode Whatever your situation cross training is a practical solution Cross training is a well rounded way of approaching exercise It allows you to vary your workouts so you

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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

100 Gym Workout Routines Muscle Trainer, 2016-10-22 Many gym goers want to get a beautiful body but do not know how to do They do not know how it functions and the type of training Sometimes they encounter a personal trainer too superficial and other times they are at the mercy of misconceptions Form their own culture to buy ebook on fitness begin to understand the mechanisms behind the muscle growth will allow you to get close to success and to those who are your targets In this ebook you will find 100 training cards for the gym on weight loss the definition on the strength and mass Finally you are able to solve many of your doubts PLEASE NOTE The training programs provided are for informational and educational purposes only They do not constitute medical advice and are not a substitute for the opinion of a doctor physiotherapist or other qualified healthcare professional In the absence of medical conditions it is recommended to consult a certified personal trainer Before starting any training program or making lifestyle changes it is strongly advised to consult your doctor especially in the presence of medical conditions previous injuries or special circumstances e g pregnancy The user assumes full responsibility for the use of the training plans and any advice contained within The author is not liable for any injuries damages or adverse effects resulting from the self application of the proposed programs Results may vary based on individual factors such as age health status consistency nutrition and genetics No results are guaranteed

More Training Tips and Routines Joe Weider, 1982 Successful bodybuilders offer weight training tips and describe specific routines for developing the chest biceps back and legs

The Comprehensive Full Body Workout Guide for Beginners Dr Sophia Emily, 2025-08-19 New to fitness Feeling overwhelmed by confusing routines or gym jargon You re not alone and you ve just found your roadmap to strength confidence and seamless progress The Comprehensive Full Body Workout Guide for

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with sports applications for each exercise listed **Adnutrix Resistance Bands Workout Guide** Adnutrix Creation,2021-02-07 Do you have a new resistance band and can't seem to get a hang of it And are looking for exercises workouts to do with it at home to lose weight and tone every part of your body without feeling like you are trying too hard or spending too much time at the gym If you've answered YES Let This Book Hold You By The Hand As You Leverage The Power Of Adnutrix Resistance Bands Or Any Other Resistance Band To Target Different Parts Of Your Body To Achieve That Well Toned Look and track your daily workout More and more people are realizing that you don't really need to spend hours at the gym or spend too much money on expensive gym memberships when they could leverage their body weight coupled with resistance bands to bring about the same effects that a gym would bring If you've recently purchased or are considering purchasing resistance bands to achieve different fitness and weight loss goals it makes sense that you are looking for a guide that will hold you by the hand throughout the process show you how to set up your resistance band for different exercises and exactly the exercises to perform Perhaps you are here looking for answers to all the questions in your mind Where do you begin now that you have a resistance band How do you use items around your home to set up your resistance band to target different body parts What exercises can you do How do you make your workouts effective to get the most out of your workouts If you have these and other related questions this book is for you as it will address all these and more More precisely you will learn How to warm up well before every session A collection of quick start movements and full body workout to help you build muscles and blast fat until you get your desired body Each exercise is specifically customized for a certain group of muscles Clear step by step instructions on how to perform each of the exercises Clear pictures to illustrate how to perform each exercise Some training points to help you with your workout routine An easy to use tracker that you can use to keep a log of what you've done and achieved in every session And much more Even if you've never used a resistance band before this book will be all you need for all your resistance band workout needs **The Best of Joe Weider's Muscle & Fitness** Joe Weider,1982 [Weight Training for Beginners](#) John McDillon,2020-05-12 Weight Training for Beginners The Ultimate Illustrated Guide with Tons of Effective Exercises for Strength Training at Home for Men and Women Do you want to lose weight and improve your cardio health so you can have more energy and accomplish your goals easier Are you looking for the best way to build strength endurance and a toned body even at your own home THEN THIS ILLUSTRATED GUIDE ON WEIGHT TRAINING MIGHT BE JUST WHAT YOU'RE LOOKING FOR Do you always have exercising on your to do list but never seem to make time for it Do you lack motivation and organization to start If you've never had any experience with exercise it might seem complicated to decide on the best program for you But the truth is even 15 minutes of the most basic exercises a day are still better than nothing You don't have to start with one hour of heavy training Start small and build up If you're looking for a guide to design your own exercise plan at home this book is a perfect choice It will help you choose the best exercises for your level and it even has some amazing schedule examples that you can use if you're short on time No

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Table of Contents Weider Pro Gym 8900 Workout Guide

1. Understanding the eBook Weider Pro Gym 8900 Workout Guide
 - The Rise of Digital Reading Weider Pro Gym 8900 Workout Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Weider Pro Gym 8900 Workout Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weider Pro Gym 8900 Workout Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weider Pro Gym 8900 Workout Guide
 - Personalized Recommendations
 - Weider Pro Gym 8900 Workout Guide User Reviews and Ratings
 - Weider Pro Gym 8900 Workout Guide and Bestseller Lists

5. Accessing Weider Pro Gym 8900 Workout Guide Free and Paid eBooks
 - Weider Pro Gym 8900 Workout Guide Public Domain eBooks
 - Weider Pro Gym 8900 Workout Guide eBook Subscription Services
 - Weider Pro Gym 8900 Workout Guide Budget-Friendly Options
6. Navigating Weider Pro Gym 8900 Workout Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Weider Pro Gym 8900 Workout Guide Compatibility with Devices
 - Weider Pro Gym 8900 Workout Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weider Pro Gym 8900 Workout Guide
 - Highlighting and Note-Taking Weider Pro Gym 8900 Workout Guide
 - Interactive Elements Weider Pro Gym 8900 Workout Guide
8. Staying Engaged with Weider Pro Gym 8900 Workout Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weider Pro Gym 8900 Workout Guide
9. Balancing eBooks and Physical Books Weider Pro Gym 8900 Workout Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weider Pro Gym 8900 Workout Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Weider Pro Gym 8900 Workout Guide
 - Setting Reading Goals Weider Pro Gym 8900 Workout Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Weider Pro Gym 8900 Workout Guide
 - Fact-Checking eBook Content of Weider Pro Gym 8900 Workout Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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