

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your arms until your upper arms are straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

2 MILITARY PRESS

Adjust 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 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 overhand grip. Keep your arms at your sides and rise up on your heels 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 lower back to arch. Return to the starting position.

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Secure the VCR arms with your back to the system and your arms supporting your weight. Slowly 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: B, F, W

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 and arms straight. Return to the starting position.

Muscles affected: F, W

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, R

10 PREACHER CURL

Sit on the seat and rest your arms on the seat pad. Hold the lat bar with an underhand grip and extend your arms. Slowly curl the lat 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 the foot pedal until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, W, K

12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Place the leg lever 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 lever. Raise the leg level by bending your knee as shown. Return to the starting position.

Muscles affected: H

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: W

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 arms at your sides and curl the lat bar straight down. Return to the starting position.

Muscles affected: C, E

16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Hold the lat bar with an overhand grip. Your hands should be shoulder-width apart. With your arms straight, push the lat bar forward over your head. 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 in front of your face. 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 bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: C, E

19 CROSSOVER FLY

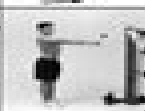
Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, S

20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar against your chest as shown. Keep your back straight and bend back at your waist. 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. Straighten your legs, keeping your arms and back straight, and your head up. Return to the starting position.

Muscles affected: E, H, T, V, 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: C, E, M

23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms downward and hold the lat bar with an overhand grip. Keep your arms at your sides, shrug your shoulders up, and return to the starting position.

Muscles affected: E, Q, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arms 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 downward and hold the handle with an overhand grip. Keep your elbows at your sides 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 and extend one leg into the ankle strap. Keep your leg straight and raise it forward as shown. Return to the starting position.

Muscles affected: F, Q, P, S

27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap with your heel against the bar. Kick your leg back as shown. Return to the starting position.

Muscles affected: L, V, 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 arms and chest to the side. Return to the starting position.

Muscles affected: L, R

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 raise it to the side. Return to the starting position.

Muscles affected: S, V

30 STRAINGING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar with an underhand grip. Keep your elbows at your sides and pull the lat bar toward your chest. Return to the starting position. To vary the exercise, hold 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 forward, extend one arm downward, and hold the handle with your arm slightly bent. Raise the handle to the side until your hand 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 slightly bent. Raise the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the lat bar to the low cable. Extend both arms downward and hold the lat bar with an overhand grip. Keeping your arms straight, raise the lat bar until your hands are level with 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. Pull the curl bar to your chest. Return to the starting position.

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

35 BENT ROW

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

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

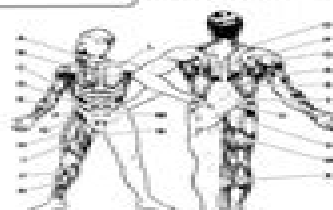
36 SEATED ROW

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



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

Weider 8530 Exercise Guide

RC Schank

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Weider 8530 Exercise Guide:

The Publishers' Trade List Annual, 1981 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 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 **Joe Weider's Muscle and Fitness Training Notebook** Muscle & Fitness, 2004-02-01 Built to capitalise on the exciting new design of Muscle and Fitness this edition allows you to store each new Training Notebook pullout in a high quality printed binder This special Collector s Edition works with each new issue of the magazine Remove the M F pullout in each month s Training Notebook

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The Core Workout Joanne Elphinston,Paul Pook,1999

A Manual of Physical Drill Or Setting-up Exercises for Use in the Navy of the United States W O Holway,United States Navy,2025-05-22

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Call Me by Your Name (2017) In 1980s Italy, romance blossoms between a seventeen-year-old student and the older man hired as his father's research assistant. Call Me by Your Name (film) Set in 1983 in northern Italy, Call Me by Your Name chronicles the romantic relationship between a 17-year-old, Elio Perlman (Timothée Chalamet), and Oliver (... Watch Call Me by Your Name In the summer of 1983, 17-year-old Elio forms a life-changing bond with his father's charismatic research assistant Oliver in the Italian countryside. Watch Call Me By Your Name | Prime Video A romance between a seventeen year-old boy and a summer guest at his parents' cliffside mansion on the Italian Riviera. 25,3042 h 11 min2018. Call Me By Your Name #1 Call Me by Your Name is the story of a sudden and powerful romance that blossoms between an adolescent boy and a summer guest at his parents' cliff-side ... Call Me by Your Name Luca Guadagnino's lush Italian masterpiece, "Call Me by Your Name," is full of romantic subtleties: long lingering looks, brief touches, meaning-laden passages ... Call Me By Your Name || A Sony Pictures Classics Release Soon, Elio and Oliver discover a summer that will alter their lives forever. CALL ME BY YOUR NAME, directed by Luca Guadagnino and written by James Ivory, is ... The Empty, Sanitized Intimacy of "Call Me by Your Name" Nov 28, 2017 — It's a story about romantic melancholy and a sense of loss as a crucial element of maturation and self-discovery, alongside erotic exploration, ... Call Me By Your Name review: A masterful story of first love ... Nov 22, 2017 — Luca Guadagnino's new film, which adapts André Aciman's 2007 novel about a precocious 17-year-old who falls in lust and love with his father's ... Briggs and Stratton 030359-0 - Portable Generator Briggs and Stratton 030359-0 7,000 Watt Portable Generator Parts. We Sell Only Genuine Briggs and Stratton Parts ... PowerBoss 7000 Watt Portable Generator Parts ... Repair parts and diagrams for 030359-0 - PowerBoss 7000 Watt Portable Generator. 7000 Watt Elite Series™ Portable Generator with ... Model Number. 030740. Engine Brand. B&S OHV. Running Watts*. 7000. Starting Watts*. 10000. Volts. 120/240. Engine Displacement (cc). 420. Fuel Tank Capacity (... I am working on a Powerboss 7000 watt model 030359 ... Nov 24, 2015 — I am working on a Powerboss 7000 watt model 030359 generator with no output. I have put 12 v DC to the exciter windings and still no output. SUA7000L - 7000 Watt Portable Generator Model Number, SUA7000L ; Starting/Running Watts, 7000/6000W ; Certifications, EPA ; AC Voltage, 120/240V ; Rated Speed/Frequency, 3600rpm/60Hz. 030359-0 - 7000 Watt PowerBoss Wiring Schematic Briggs and Stratton Power Products 030359-0 - 7000 Watt PowerBoss Wiring Schematic Exploded View parts lookup by model. Complete exploded views of all the ... PowerBoss 7000 Watt Portable Generator w Honda GX390 OHV Engine; For longer life, reduced noise, and better fuel efficiency. Extended Run Time; 7-gallon tank produces 10 hours of electricity at 50% ... 2023 Briggs & Stratton 7000 Watt Elite Series™ ... The Briggs & Stratton Elite Series 7000 watt portable generator produces clean and instant power ... Model Number: 030740; Engine Brand: B&S OHV; Running Watts ... Student Workbook for Public Relations Writing Student Workbook for Public Relations Writing. Principles in Practice · More than 60 exercises link macro-level concepts and micro-level writing decisions to put ...

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