



Muscles affected: A, L, R



Muscles affected: L, O, R



Muscles affected: A, L



Muscles affected: P, Q, R



Muscles affected: O, Q, R



Muscles affected: C, E



Muscles affected: M



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



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



Muscles affected: C, E



Muscles affected: M



Muscles affected: C, E



Muscles affected: E, M



Muscles affected: E, P, Q, R



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



Muscles affected: C, O, Q, R



Muscles affected: K, R



Muscles affected: C, E, M



Muscles affected: P, Q, R



Muscles affected: M



Muscles affected: V, W



Muscles affected: G, Q, R, M



Muscles affected: K, L, V, W



Muscles affected: L



Muscles affected: C, E



Muscles affected: M

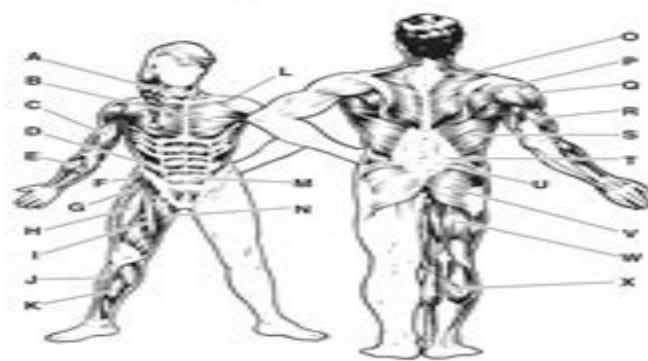


Muscles affected: C, M



Muscles affected: Q, R

MUSCLE CHART



WARNING: Read the exercise information and safety instructions in the user's manual before exercising.

The exercises shown can be performed with WEIDER® weight systems. However, only they can be used to perform all exercises with total safety. The best results, however, come from the proper technique shown in the correct starting and ending positions for each exercise.

AVISO: Lea la información de ejercicio y de seguridad en el manual del usuario antes de hacer ejercicio.

Las operaciones que se muestran en pantalla corresponden sólo al sistema de pesas WEIDER®. Sólo con ellas se pueden hacer todos los ejercicios con total seguridad. Los mejores resultados se consiguen con la técnica correcta y en las posiciones de partida y de llegada final para cada ejercicio.

WARNING: Bitte lesen Sie die Trainings- und Sicherheitsanweisungen im Benutzerhandbuch, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können nur mit WEIDER®-Gewichtssystem durchgeführt werden. Trotzdem kann es vorkommen, dass Sie ein Verletzungsrisiko unter falscher Übungsausführung bestehen. Für die besten Ergebnisse müssen Sie sich an die korrekte Sporttechnik halten, welche sowohl die Trainings- als auch die Endposition für die einzelnen Übungen.

AVERTISSEMENT: Veuillez lire attentivement les instructions de mise en marche et d'entraînement avant d'utiliser le système de musculation.

Les exercices indiqués peuvent être réalisés avec le système de musculation WEIDER®. Cependant, seuls ceux-ci peuvent garantir une exécution sûre des exercices sans risque de blessure. Pour de bons résultats, vous devez respecter la technique et les positions de départ et d'arrivée correctes pour chaque exercice.

AVVERTENZA: Leggere le istruzioni di esercizio e le avvertenze di sicurezza nel manuale di riferimento prima di allenarsi.

Gli esercizi raffigurati possono essere eseguiti con il sistema di pesatura WEIDER®. Solo "normalmente" si possono fare tutti gli esercizi con la massima sicurezza. Per ottenere i migliori risultati, è necessario che si rispettino la tecnica e le posizioni di partenza e di arrivo corrette per ciascun esercizio.

Weight System Exercise Guide

Joacim Rocklöv



Weight System Exercise Guide:

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