

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Place your elbows on the handles and push the bar straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M



2 MILITARY PRESS

Place 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, M



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 raise 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 touch. Return to the starting position.

Muscles affected: H, L, V, M



6 ALTERNATE LEG RAISE

Place the ICOR 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, M



7 VERTICAL KNEE RAISE

Place the ICOR 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 feet on the floor. Return to the starting position. Alternate legs with each repetition.

Muscles affected: F, M



8 ASSISTED DIP

Select the desired weight setting. Grasp the air 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, B



9 PULL-UP

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

Muscles affected: C, E, D, R, B



10 PREACHER CURL

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

Muscles affected: C, B



11 LEG PRESS

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

Muscles affected: H, V, M, 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: M



13 LEG CURL

Stand with the back of one leg resting against one of the seats on the leg lever. Place the leg lever by leaning your leg as shown. Return to the starting position.

Muscles affected: M



14 AB CRUNCH

Attach the ab strap to the ab cable. Hold the ab straps over your shoulders. Lean forward, flexing 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 arms at your sides. Push the bar down until fully extended. Return to the starting position.

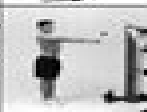
Muscles affected: E, M



16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Attach the bar with an overhand grip. Your hands should be width apart. With your arms slightly bent, push the bar forward your legs. Return to the starting position.

Muscles affected: E, R, R, B



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 bar down as close to your feet. Return to the starting position.

Muscles affected: C, E, R, B



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: E, M



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, B



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. Keep your back straight and bend back at your neck. Return to the starting position.

Muscles affected: T



21 DEAD LIFT

Attach the lat bar to the low cable. Stand your knees and hold the bar for forward and backward until fully extended. Keep your arms and back straight, and your head up. Return to the starting position.

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



22 SIDE BEND

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

Muscles affected: D, E, M



23 SHOULDER SHROG

Attach the lat bar to the low cable. Extend your arms and hold the bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders up and down. 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 arm upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, B



25 ISOLATION CURL

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

Muscles affected: C, B



26 FRONT KICK

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

Muscles affected: E, Q, M, I



27 HEEL KICK

Attach the ankle strap to the low cable. Kick one leg into the cable strap with your knee slightly bent. Move your leg back as shown. Return to the starting position.

Muscles affected: L, V, M



28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your ankle into the cable strap. Kick your leg out 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 cable strap. Kick your leg out to the side. Return to the starting position.

Muscles affected: Q, M



30 STRAIGHTENING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the bar with an underhand grip. Keep your arms at your sides and curl the bar up toward your chest. Return to the starting position. To vary this exercise, hold the bar for an overhand grip.

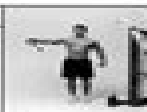
Muscles affected: C, B



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm forward and back until the handle 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 hand 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 both arms downward and hold the bar with an overhand grip. Keeping your arms straight, raise the bar to the level of 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. Keep your arms straight and pull the bar up to your chest. Return to the starting position.

Muscles affected: C, E, L, 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. Keep your arms straight and pull the bar to your chest. Return to the starting position.

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



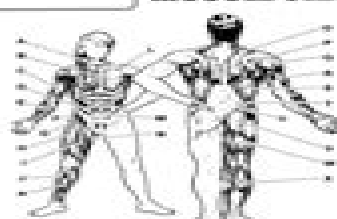
36 SEATED ROW

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 bend back. Return to the starting position.

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



MUSCLE CHART



- | | |
|-------------------------------|---------------------------------|
| A. Deltoid (neck) | N. Abductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboid |
| D. Deltoid (outer) | Q. Serratus (back) |
| E. Brachioradialis (forearm) | R. Pectoralis (chest) |
| F. Hip Flexors (upper thigh) | S. Quadriceps (thigh) |
| G. Adductor (inner thigh) | T. Latissimus Dorsi |
| H. Quadriceps | U. Erector Spinae (lower back) |
| I. Hamstring (back of thigh) | V. Biceps (back) |
| J. Hamstring (front of thigh) | W. Gluteus Medius (hip) |
| K. Hamstring (front of calf) | X. Gluteus Maximus |
| L. Hamstring (back of calf) | Y. Hamstring (back of thigh) |
| M. Rectus Abdominus (abdomen) | Z. Gastrocnemius (back of calf) |

Exercise Guide For Weider Crossbow

Kathleen Armour



Exercise Guide For Weider Crossbow:

Reviewing **Exercise Guide For Weider Crossbow**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Exercise Guide For Weider Crossbow**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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