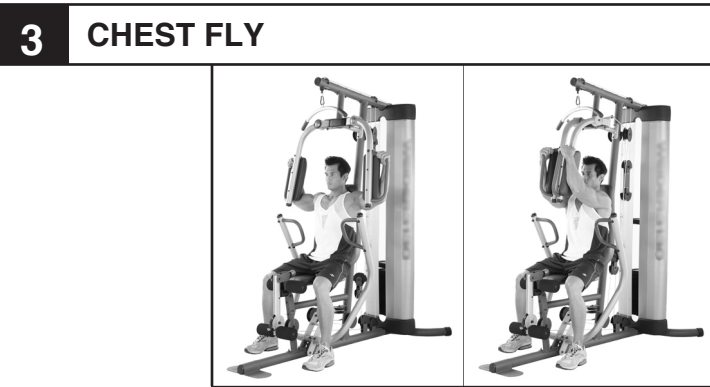


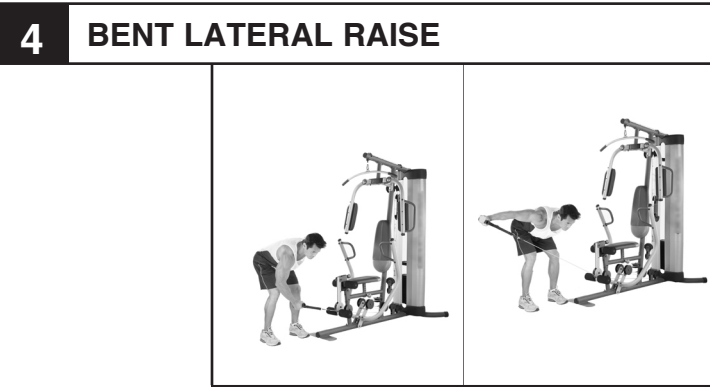
Muscles affected: B, L, R



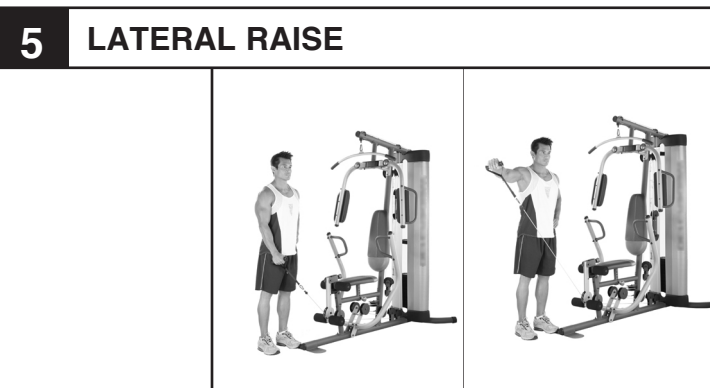
Muscles affected: L, Q, R



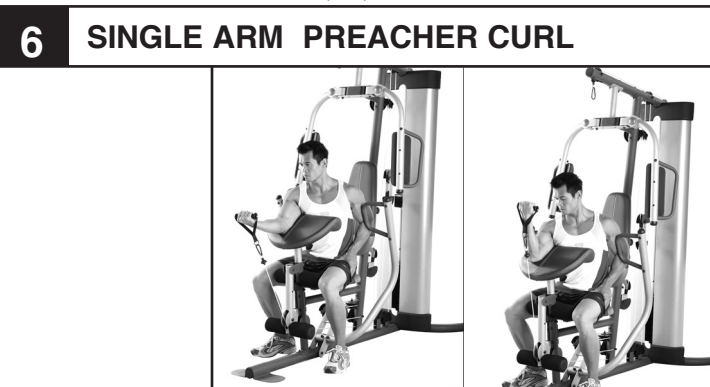
Muscles affected: B, L



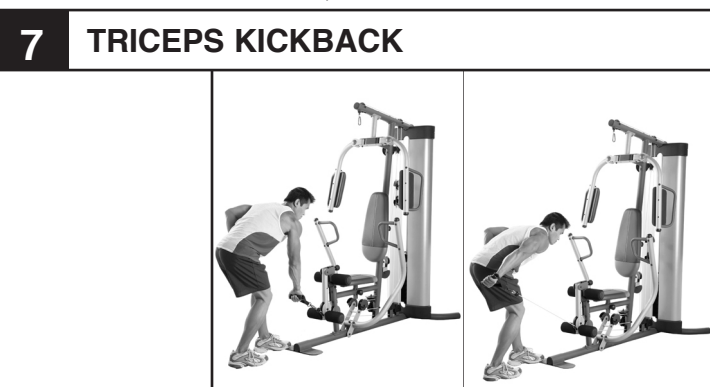
Muscles affected: P, Q, S



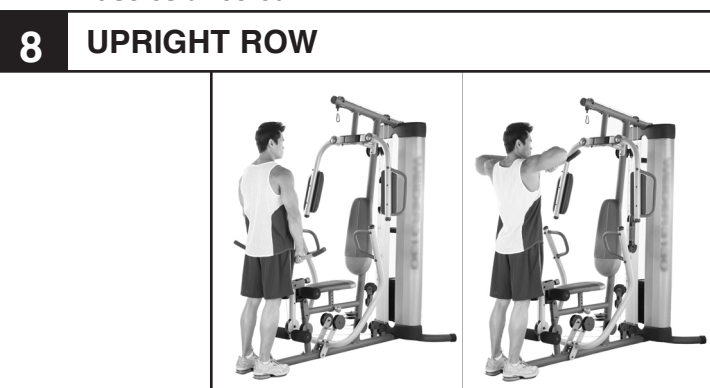
Muscles affected: O, Q, P



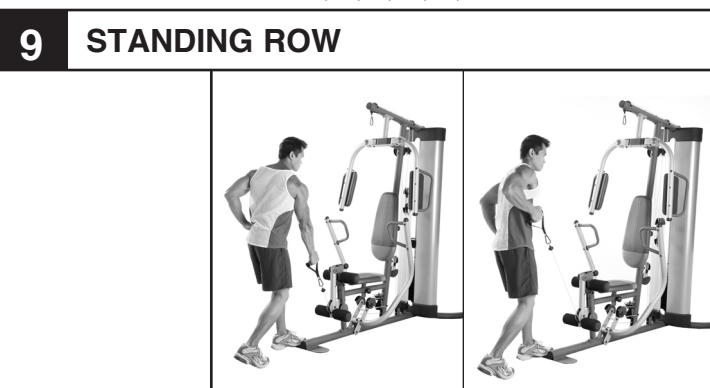
Muscles affected: C, E



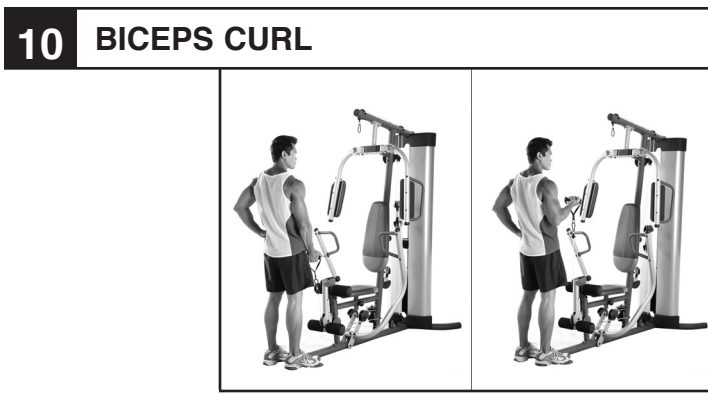
Muscles affected: R



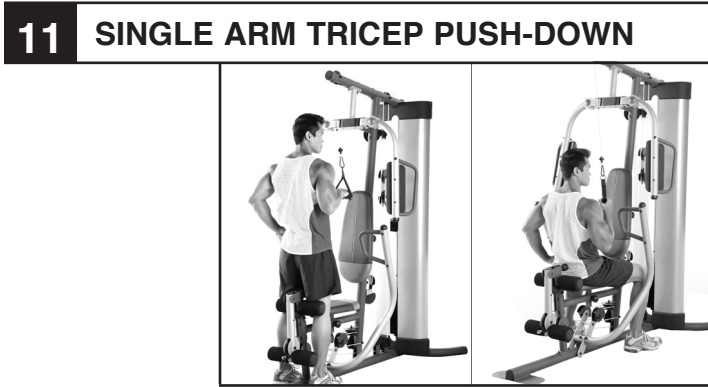
Muscles affected: C, E, L, O, P, Q



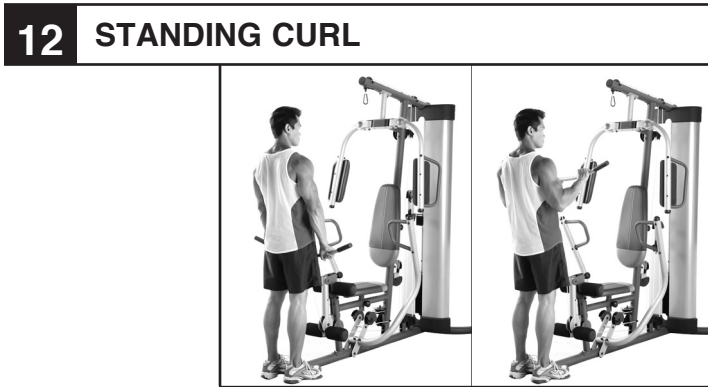
Muscles affected: C, E, O, P, Q, S, T



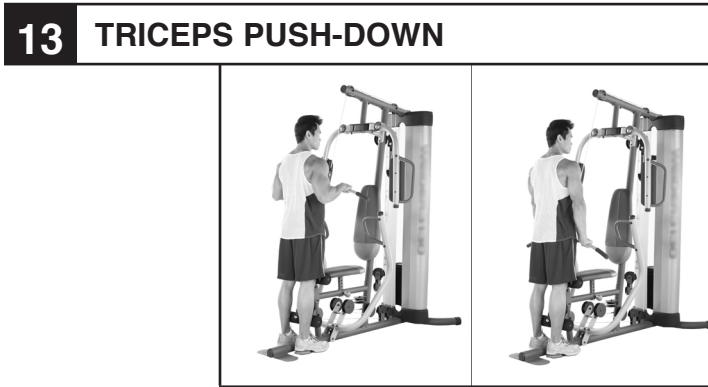
Muscles affected: C, E



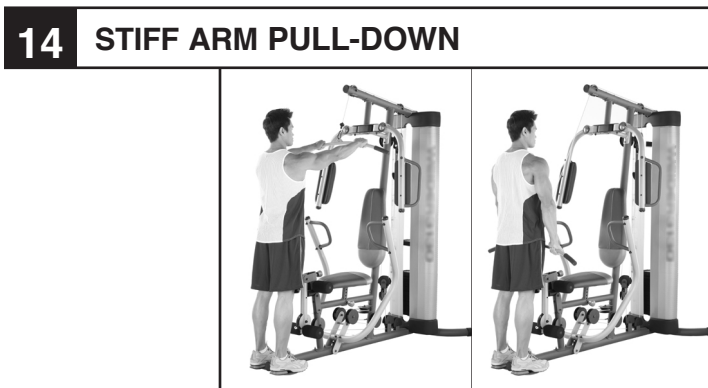
Muscles affected: R



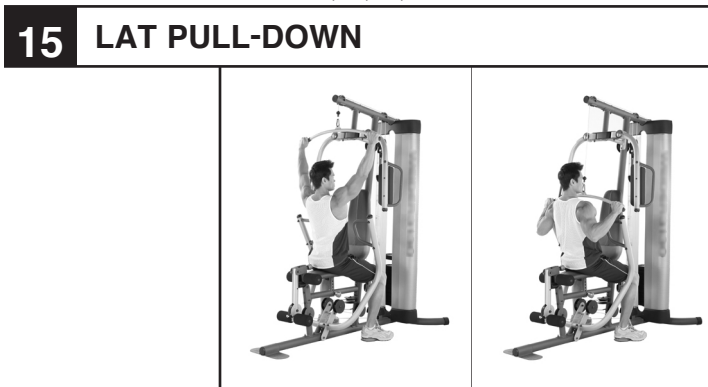
Muscles affected: C, E



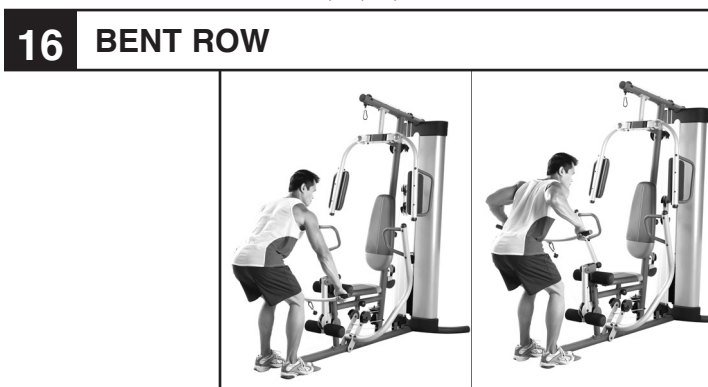
Muscles affected: E, R



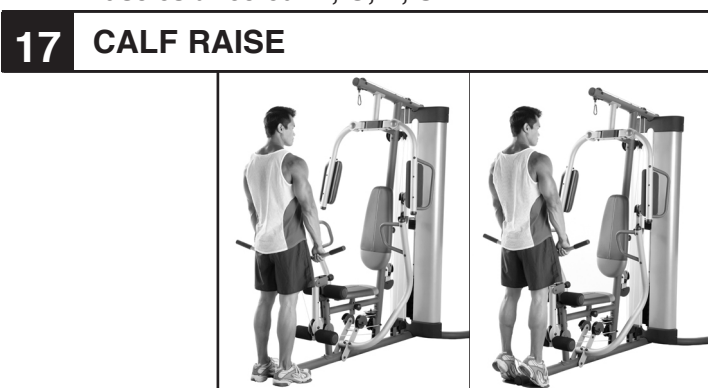
Muscles affected: E, P, R, S



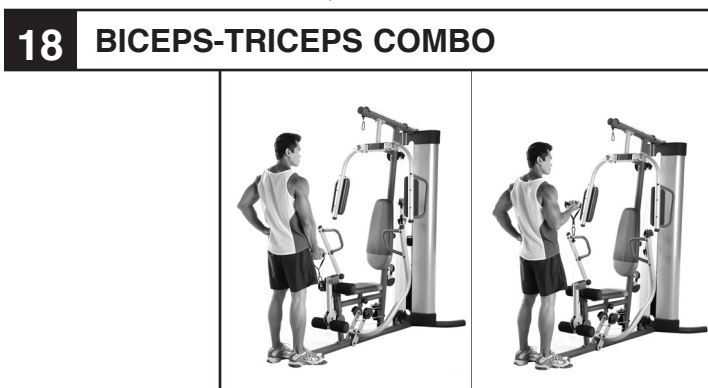
Muscles affected: C, E, P, S



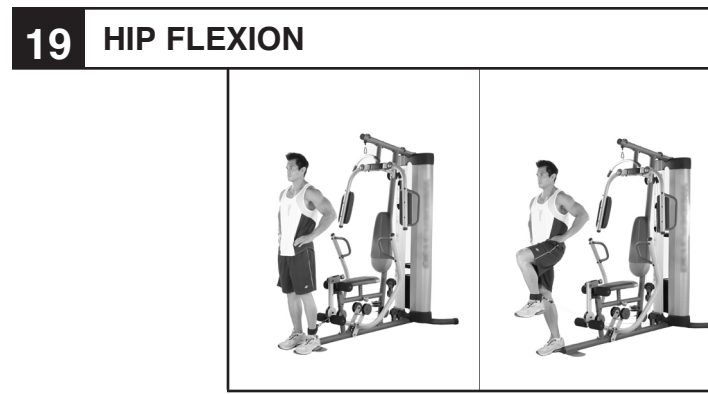
Muscles affected: E, O, P, S



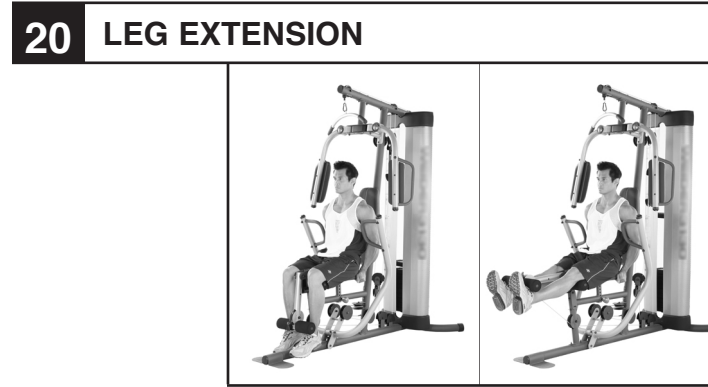
Muscles affected: K, X



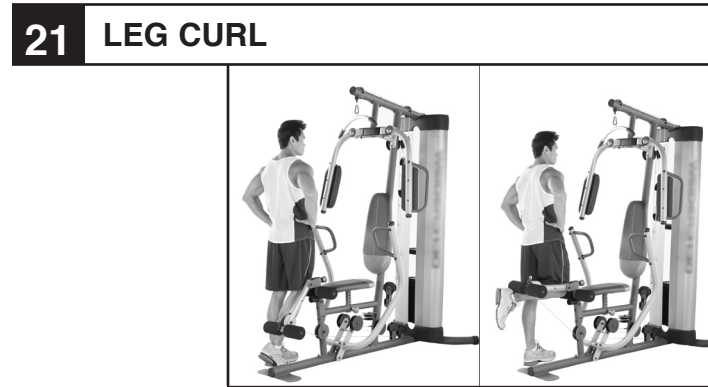
Muscles affected: C, E, R



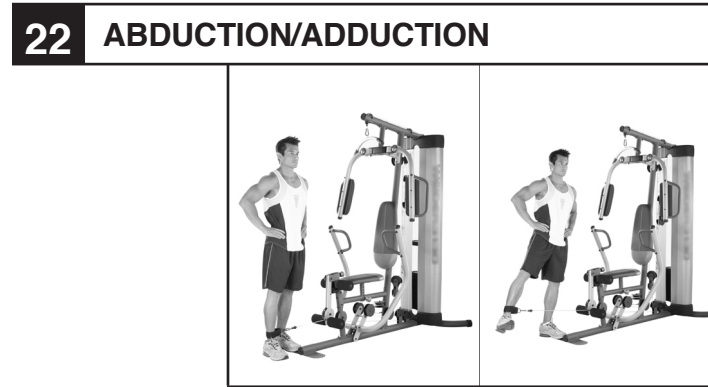
Muscles affected: F, H, I



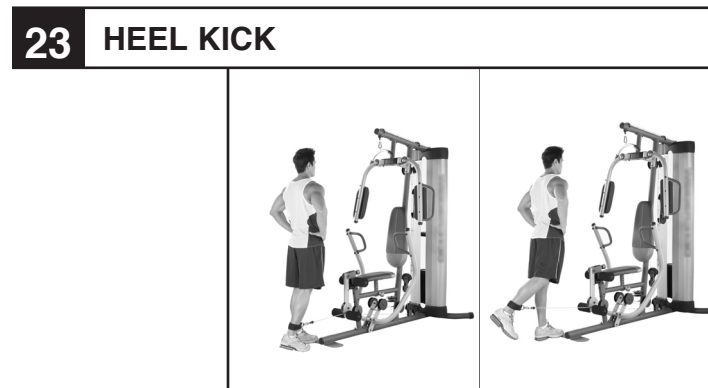
Muscles affected: H



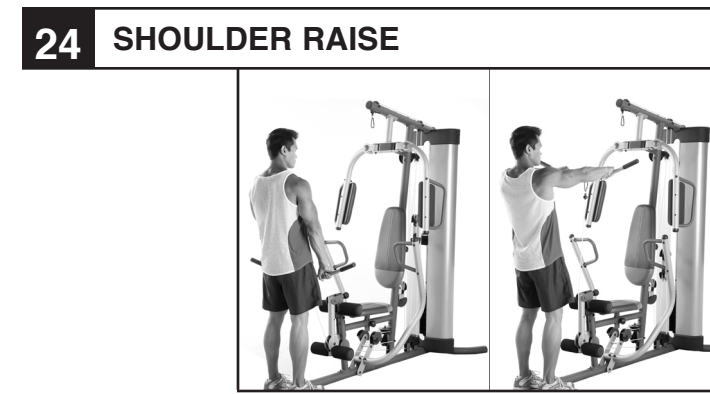
Muscles affected: V, W



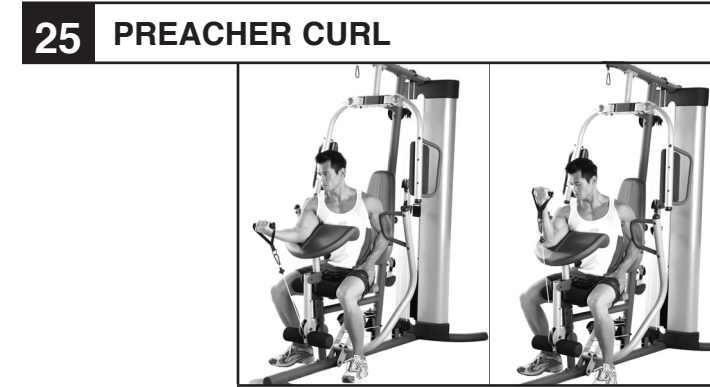
Muscles affected: G, U / I, N



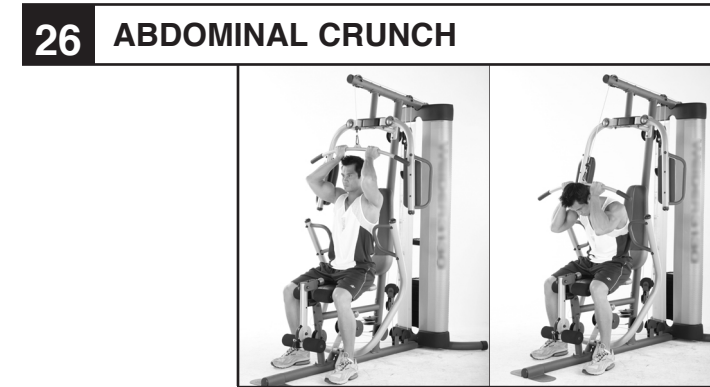
Muscles affected: H, I, V, W



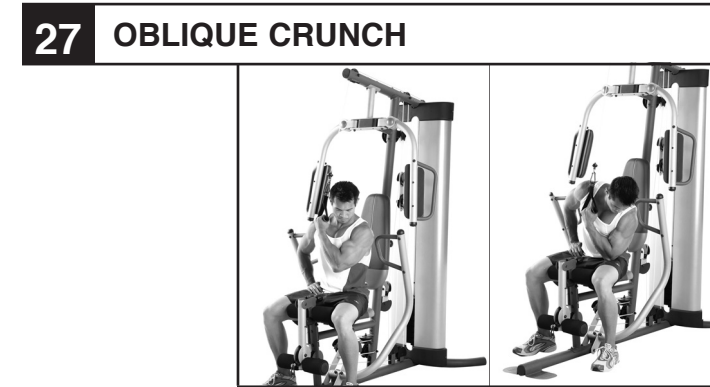
Muscles affected: L



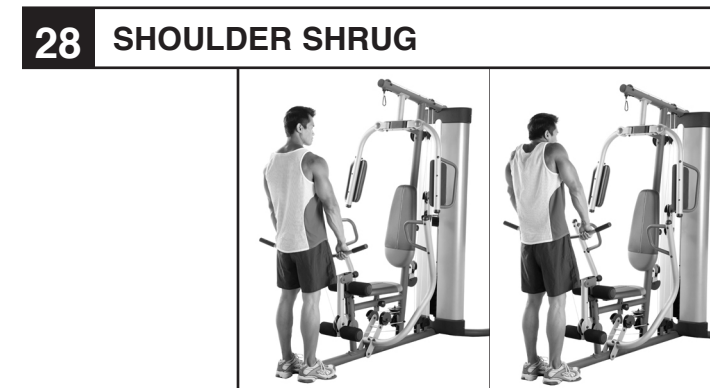
Muscles affected: C, E



Muscles affected: M

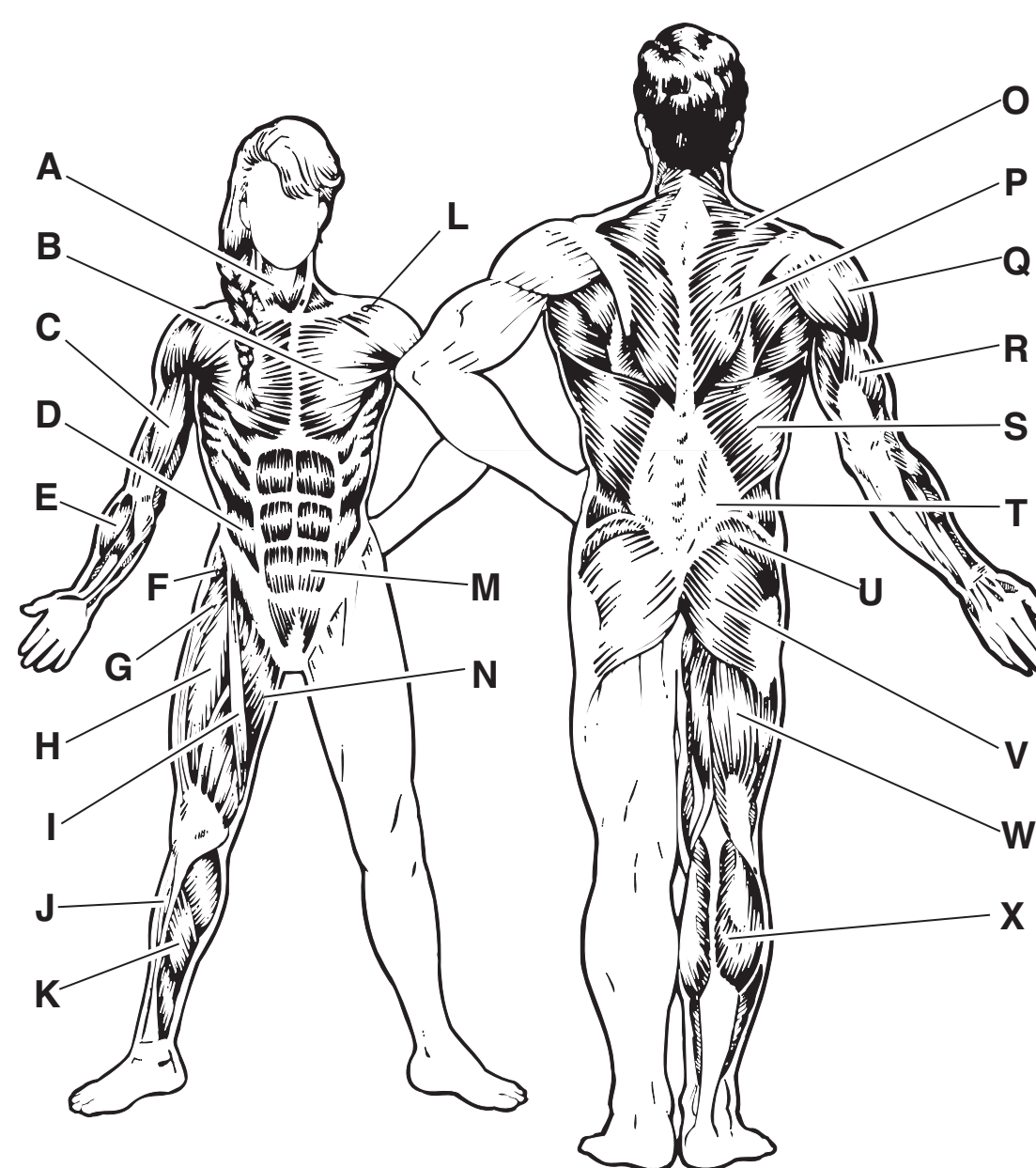


Muscles affected: D, M



Muscles affected: O, P

MUSCLE CHART



⚠ WARNING: Read the exercise 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, correct form is important. The photographs show the correct starting and ending positions for each exercise.

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

Los ejercicios que se muestran se pueden desempeñar con el sistema de entrenamiento de WEIDER[®]; Sin embargo, puede ser posible que no pueda desempeñar todos los ejercicios con su modelo. Para los mejores resultados, la forma correcta es importante. Las fotografías muestran la manera correcta para la posición de comienzo y la posición final para cada ejercicio.

⚠ WARNING: Bitte lesen Sie die Trainingsanleitungen und Vorsichtsmaßnahmen in der Betriebsanleitung, bevor Sie trainieren.

Die Übungen, die hier gezeigt werden, können mit WEIDER[®] Heimfitness-Stationen durchgeführt werden. Trotzdem kann es vorkommen, dass Sie an Ihrem Modell nicht alle Übungen machen können. Um die besten Ergebnisse zu erzielen, müssen Sie sich an die korrekte Durchführung der Übungen halten. Die Fotos zeigen die korrekte Starter- und Endposition für die einzelnen Übungen.

⚠ AVERTISSEMENT: Veuillez lire attentivement ce manuel de l'utilisateur avant d'utiliser le système de musculation.

Les exercices indiqués peuvent être exécutés avec le système de musculation WEIDER[®]; cependant vous ne pourrez peut-être pas exécuter tous les exercices avec votre modèle. Pour de meilleurs résultats une forme correcte est importante. Les photographies indiquent la position de départ et d'arrivée correcte pour chaque exercice.

⚠ AVVERTENZA: Leggere le informazioni dell'esercizio e le precauzioni di sicurezza nel manuale di istruzioni prima di allenarsi.

Gli esercizi raffigurati possono essere eseguiti con la stazione multifunzione WEIDER[®]; ciò nonostante, potreste non essere in grado di eseguire tutti gli esercizi con il vostro modello. Per migliori risultati, una forma corretta è importante. Le fotografie mostrano la posizione di inizio e fine corretta per ciascun esercizio.