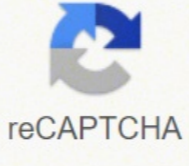















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# Weider 200 Power Tower Workout

<p><b>1 WIDE GRIP PULL-UP</b></p> <p>Hold the pull-up bar with an overhand grip. Tighten your abdominal muscles and pull yourself up until your chin is above the bar. Squeeze your shoulder blades together at the top of the movement. Lower yourself slowly; do not swing your legs.</p> <p><b>Muscles affected:</b> biceps, brachioradialis, trapezius, rhomboideus, latissimus dorsi</p>		<p><b>7 HANGING LEG LIFT</b></p> <p>Hold the pull-up bar with an overhand grip. Bend your knees to 90° and raise them until they are level with your hips, tightening your abdominal muscles. Do not swing your legs. Straighten your legs for an advanced exercise.</p> <p><b>Muscles affected:</b> obliques, hip flexors, rectus abdominus</p>	
<p><b>2 CLOSE GRIP PULL-UP</b></p> <p>Hold the pull-up bar with an underhand grip. Tighten your abdominal muscles and pull yourself up until your chin is above the bar. Squeeze your shoulder blades together at the top of the movement. Lower yourself slowly; do not swing your legs.</p> <p><b>Muscles affected:</b> biceps, brachioradialis, trapezius, rhomboideus, latissimus dorsi</p>		<p><b>8 HANGING SIDE LEG LIFT</b></p> <p>Hold the pull-up bar with an overhand grip. Bend your knees to 90°, feet together. Lift your hips to one side by contracting your oblique muscles. Do not swing your legs. Alternate sides with each repetition.</p> <p><b>Muscles affected:</b> obliques, hip flexors, rectus abdominus</p>	
<p><b>3 REVERSE PULL-UP</b></p> <p>Hold the pull-up bar with an overhand grip. Tighten your abdominal muscles and pull yourself up until the bar is behind your head. Squeeze your shoulder blades together at the top of the movement. Lower yourself slowly; do not swing your legs.</p> <p><b>Muscles affected:</b> biceps, brachioradialis, trapezius, rhomboideus, latissimus dorsi</p>		<p><b>9 LEG LIFT/VKR</b></p> <p>Mount the bench with your back against the backrest and your elbows on the pads. Bend your knees to 90° and raise them until they are level with your hips, tightening your abdominal muscles. Do not swing your legs. Straighten your legs for an advanced exercise.</p> <p><b>Muscles affected:</b> obliques, hip flexors, rectus abdominus</p>	
<p><b>4 DIP</b></p> <p>Grasp the dip handles with your arms straight. Tighten your abdominal muscles. Slowly lower your body by bending your elbows past 90°. Return to the starting position. Do not swing your legs.</p> <p><b>Muscles affected:</b> pectoralis major, trapezius, triceps, anterior deltoid, posterior deltoid, rhomboideus</p>		<p><b>10 STIFF-ARM LEG LIFT/VKR</b></p> <p>Grasp the dip handles with your arms straight. Bend your knees to 90° and raise them until they are level with your hips, tightening your abdominal muscles. Do not swing your legs. Straighten your legs for an advanced exercise.</p> <p><b>Muscles affected:</b> obliques, hip flexors, rectus abdominus, triceps</p>	
<p><b>5 CALF RAISE</b></p> <p>Stand on the bench with the balls of your feet and hold onto the bench for balance. Tighten your abdominal muscles and rise up onto your toes, contracting your calf muscles. Slowly lower yourself and repeat.</p> <p><b>Muscles affected:</b> gastrocnemius, soleus</p>		<p><b>11 ALTERNATE LEG LIFT</b></p> <p>Mount the bench with your back against the backrest and your elbows on the pads. Slowly raise one leg until it is parallel with the floor. Avoid swinging your leg. Return to the starting position. Alternate legs with each repetition.</p> <p><b>Muscles affected:</b> obliques, hip flexors, rectus abdominus</p>	
<p><b>6 PUSH-UP</b></p> <p>Grasp the handles at the push-up station. Hold your body straight, supporting your weight with your hands and feet. Tighten your abdominal muscles and slowly lower your body until your chest is by your hands. Return to the starting position.</p> <p><b>Muscles affected:</b> pectoralis major, triceps, anterior deltoid</p>			

<p><b>12 CALF RAISE</b></p> <p>Stand on the bench with the balls of your feet and hold onto the bench for balance. Tighten your abdominal muscles and rise up onto your toes, contracting your calf muscles. Slowly lower yourself and repeat.</p> <p><b>Muscles affected:</b> gastrocnemius, soleus</p>		<p><b>14 AB CRUNCH</b></p> <p>Attach the sit bar to the low cable. Connect one end of the cable to the high cable. Raise the sit bar by bending your legs at the knees. Return to the starting position.</p> <p><b>Muscles affected:</b> W</p>		<p><b>23 OVERHEAD EXTENSION</b></p> <p>Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arm upward. Bring the handle over your head. Return to the starting position.</p> <p><b>Muscles affected:</b> E, G, P</p>	
<p><b>15 SQUAT</b></p> <p>Hold the handles with an overhand grip, and straighten your legs. Slowly lower your body by bending your knees. Do not allow your feet to move away from the bench. Return to the starting position.</p> <p><b>Muscles affected:</b> H, K, W</p>		<p><b>16 TRICEPS PRESS DOWN</b></p> <p>Attach the sit bar to the high cable. Facing the system, hold the sit bar with an overhand grip. Place your elbows close to your sides. Press the sit bar straight down. Return to the starting position.</p> <p><b>Muscles affected:</b> E, B</p>		<p><b>24 ISOLATION CURL</b></p> <p>Attach a handle to the low cable. Extend your arm straight and hold the handle with an overhand grip. Bend your elbow at your side and curl the handle toward your shoulder. Return to the starting position.</p> <p><b>Muscles affected:</b> C, B</p>	
<p><b>16 ALTERNATE LEG RAISE</b></p> <p>Mount the bench with your back to the system, and your arms supporting your weight. Raise one leg until it is parallel with the floor. Hold being up your leg. Return to the starting position. Alternate legs with each repetition.</p> <p><b>Muscles affected:</b> G, E, W</p>		<p><b>17 STIFF ARM PUSHDOWN</b></p> <p>Connect the sit bar to the high cable. Hold the sit bar with an overhand grip. Your hands should be close together. Push the sit bar toward your feet. Return to the starting position.</p> <p><b>Muscles affected:</b> E, P, B</p>		<p><b>25 FRONT KICK</b></p> <p>Connect the sit bar to the low cable. Stand on the bench and rest one leg into the grip bar. Kick your leg straight and raise it toward the front. Return to the starting position.</p> <p><b>Muscles affected:</b> E, G, H, I</p>	
<p><b>17 VERTICAL KNEE RAISE</b></p> <p>Mount the bench 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 parallel and avoid swinging your legs. Return to the starting position.</p> <p><b>Muscles affected:</b> G, W</p>		<p><b>18 LAT PULL-DOWN</b></p> <p>Attach the sit bar to the high cable. Facing the system, extend your arms up. Hold the sit bar with an overhand grip. Pull the sit bar toward your chest. Return to the starting position.</p> <p><b>Muscles affected:</b> C, E, P, B</p>		<p><b>26 HEEL KICK</b></p> <p>Attach the sit bar to the low cable. Rest one leg into the grip bar. Kick your heel toward the front. Return to the starting position.</p> <p><b>Muscles affected:</b> G, H, I, W</p>	
<p><b>18 ASSISTED DIP</b></p> <p>Grasp the dip handles with your arms straight. Tighten your abdominal muscles. Slowly lower your body by bending your elbows past 90°. Return to the starting position. Do not swing your legs.</p> <p><b>Muscles affected:</b> P, W</p>		<p><b>19 TRICEPS EXTENSION</b></p> <p>Attach the sit bar to the high cable. Facing the system, extend your arms up. Hold the sit bar with an overhand grip. Push the sit bar toward your feet. Return to the starting position.</p> <p><b>Muscles affected:</b> C, E, P, B</p>		<p><b>27 HIP ABDUCTION</b></p> <p>Attach the sit bar to the low cable. Bend your knees to 90° and raise them until they are level with your hips, tightening your abdominal muscles. Do not swing your legs. Straighten your legs for an advanced exercise.</p> <p><b>Muscles affected:</b> L, P, G</p>	
<p><b>MUSCLE CHART</b></p> 					

Workout Stations





Best 45 minute weight workout. Workout routine for weider home gym.

For general fitness, you should not perform each exercise eight to 12 times and build up to three sets a few times a week. Perform three to five repetitions per exercise and take two to three minutes between sets. If your card frequency has gone below 100 beats per minute or you have not stopped breathing hard, stretch the muscles you have not used to help reduce stiffness later and improve flexibility. resistance. Physical conditioning goals would include improving muscle resistance and cardiovascular resistance. Press the butterfly strokes Use the press strokes to perform the chest presses sitting on the seat and holding the breasts of the press arm with a grip. The top plate weighs 6.5 lbs. Muscle building workout plan Use more weight or more resistance to build muscles with a gin at home weider. Leg lever, assemblies and repetition per set The lever of the leg can be used for leg extensions in the sitting position and for leg curls in position of position of pH. There is a general resistance to weight on page 15 of the user manual to help you make your selection. Warming and cooling, regardless of what kind of training you do in a weider home gym, start with a warm-up that uses little or no resistance to gradually raise your card frequency, stretch your muscles and bring more blood and oxygen to your cardiorespiratory system. Insert a weight pin under the chosen weight to adjust the resistance to the weight. Muscles grow as they repair the damage you don't do during weightlifting, so take 24 to 48 hours between training. It is easier to use a wide grip for overhand and a narrow grip down. Your training plan should include the realization of one or two sets of elevators using 60 to 80% of the maximum weight or then running two to three sets using the Maximum. Perform 3 training using resistance per settings that allow you to continue working non-stop for 30 minutes or more. The Machine can run all the muscle groups and has press patches, butterfly patches, a leg lever and this is high and low pulley. 3 training plan You can't create a 3 training using a gymnasium at home Weider using little resistance or weight and working at a faster pace. This will help create better exercises, according to fitness author and performance coach Brian Mac. The Weider 8510 is a small gymnasium gift system which has a weight stack and pulley system to offer resistance up to 209 pounds. Push them out in front of you by extending your works and bringing them back to your body using a full range of movements. of resistance, while the Club 8980 W Machine uses pulleys and weight stacks to provide up to 175 pounds. When you burn calories and improve your cardiovascular capacity, you won't tone down your muscles. Tail handles can be made by attaching the Tin Bar to this high pulley. If you don't participate in sports, you don't want to train muscular resistance, which allows you not to use your muscles for the longest time, instead of just one or several lifts. A home gymnasium Weider allows you to not perform many family exercises, such as a bunch of pubs, chest presses, triceps extensions, pectorals lat and flights. You cannot attach the last bar or a nylon strip to any of the pulleys. Sit on the seat and pull the bar down below the chin by bending your elbows and then straighten the bars up. Health objectives would include aerobic exercises to improve blood cholesterol and card-carrying capacity. Healing and weight-sealing Healing is done with light cardio work and extends for five to 10 minutes before eating the workout. Finish each workout with a cooling that consists of gradually decreasing muscle movements. Weight loss goals most likely require 3 exercise. You can use a lease on the last bar or a plope in the lower hand. Make flights from pec-deck with butterfly arms, putting their forearms against them and pushing them towards each other for their elbow elbows touch. Create a circuit training plan by performing multiple sets of exercises during the course of the training, making only one-minute intervals between sets. Use higher weights and less repetition per set if you want to build large muscles and lower weights and more repetition per build resistance. You will not need to remove the lever from the seat and leg to use the low pulley, which can be used for squats, bunches and vertical queues. You may not take short breaks when changing exercises or setting up the Machine or your position in the Machine. This is done by reducing the resistance in Weider gin to 40 to 70 percent of its maximum and increasing the number of repetitions per set to eight to 12, depending on its initial strength level. Before planning a workout for a gin at home Weider, consider your health and fitness goals. You shouldn't feel the stretch in your chest. This model has not been produced for many years, so do not carefully check the cables and pulleys before buying one on second. You can't create custom exercises for your needs based on how much weight or resistance you don't use. You may not want to achieve more than one goal, so please rate your goals in order of import. Muscle growth would focus on heavy weight or high resistance exercises. Perform three to five sets of an exercise before moving to 3. Consider alternating upper and lower body workouts. This will help to stop the blood building up in the muscles and reduce stiffness and pain in the future. The X-Factor gin at home There is a progressive resistance machine that uses pulleys providing up to 210 pounds. 0%(2)0% found this document helpful (2 votes)3K viewing per page, active Fitness company Weider offers two home improvements that let you not create resistance training, muscle resistance or workout routines increase your cardiac frequency until you are breathing with difficulty, but you can still speak. to speak. to speak.



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