

# WEIGHT TRAINING

### ARMS (FRONT)

This section illustrates various exercises for the front of the arms. It includes bicep curls with a barbell and dumbbells, shoulder presses with a barbell and dumbbells, and tricep extensions with a barbell and dumbbells. Each exercise is accompanied by a diagram showing the muscle groups involved and a brief description of the movement.

### ARMS (REAR)

This section illustrates various exercises for the rear of the arms. It includes tricep dips, skull crushers with a barbell and dumbbells, and overhead tricep extensions with a barbell and dumbbells. Each exercise is accompanied by a diagram showing the muscle groups involved and a brief description of the movement.

### SHOULDERS

This section illustrates various exercises for the shoulders. It includes overhead presses with a barbell and dumbbells, lateral raises with dumbbells, and front raises with dumbbells. Each exercise is accompanied by a diagram showing the muscle groups involved and a brief description of the movement.

### CHEST

This section illustrates various exercises for the chest. It includes bench presses with a barbell and dumbbells, push-ups, and flyes with dumbbells. Each exercise is accompanied by a diagram showing the muscle groups involved and a brief description of the movement.

### BACK

This section illustrates various exercises for the back. It includes bent-over rows with a barbell and dumbbells, pull-ups, and lat pulldowns with a barbell. Each exercise is accompanied by a diagram showing the muscle groups involved and a brief description of the movement.

### LEGS

This section illustrates various exercises for the legs. It includes squats with a barbell and dumbbells, lunges with a barbell and dumbbells, and calf raises with a barbell and dumbbells. Each exercise is accompanied by a diagram showing the muscle groups involved and a brief description of the movement.

# Lifting Weights Guide

**Wolfgang Guggemos**



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