

# 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 anatomical diagrams showing the muscles being worked and a brief description of the movement.

### ARMS (REAR)

This section illustrates exercises for the back of the arms. It features tricep dips on a bench, skull crushers with a barbell, and overhead tricep extensions with a barbell and dumbbells. Anatomical diagrams and exercise descriptions are provided for each.

### SHOULDERS

This section illustrates exercises for the shoulders. It includes overhead presses with a barbell and dumbbells, lateral raises with dumbbells, and front raises with a barbell and dumbbells. Anatomical diagrams and exercise descriptions are provided for each.

### CHEST

This section illustrates exercises for the chest. It features bench presses with a barbell and dumbbells, chest flyes with dumbbells, and push-ups. Anatomical diagrams and exercise descriptions are provided for each.

### BACK

This section illustrates exercises for the back. It includes bent-over rows with a barbell and dumbbells, lat pulldowns with a barbell, and deadlifts with a barbell. Anatomical diagrams and exercise descriptions are provided for each.

### LEGS

This section illustrates exercises for the legs. It features squats with a barbell and dumbbells, lunges with a barbell and dumbbells, and calf raises with a barbell. Anatomical diagrams and exercise descriptions are provided for each.

# Complete Womens Weight Training Guide

**S Marginson**



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