

# WEIDER

# WEIGHT SYSTEM EXERCISE GUIDE

## 1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Push your arms up until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: B, L, R

## 2 MILITARY PRESS

Adjust 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, R

## 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 rise up on your heels. Do not lean forward. Return to the starting position.

Muscles affected: K, R

## 5 SQUAT

Hold the handles with an overhand grip, and strengthen your legs. Slowly lower your body to the seat. Return to the starting position.

Muscles affected: H, L, Q, R

## 6 ALTERNATE LEG RAISE

Place the right arm 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, R

## 7 VERTICAL KNEE RAISE

Mount the right arm 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 as close to your body as possible. Return to the starting position.

Muscles affected: K, R

## 8 ASSISTED DIP

Select the desired weight setting. Grasp the dip 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, S

## 9 PULL-UP

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

Muscles affected: C, E, S, R, S

## 10 PREACHER CURL

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

Muscles affected: C, E

## 11 LEG PRESS

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

Muscles affected: H, Q, R, R

## 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: R

## 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 bending your legs as shown. Return to the starting position.

Muscles affected: R

## 14 AB CRUNCH

Attach the ab straps to the ab cables. Hold the ab straps over your shoulders. Lean forward, bending at your waist and keeping your back straight.

Muscles affected: R

## 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 and push the lat bar down until your arms are straight. Return to the starting position.

Muscles affected: E, R

## 16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Hold the lat bar with an overhand grip. Your hands should be shoulder-width apart. While keeping your arms straight, push the lat bar forward over your head. Return to the starting position.

Muscles affected: E, R, R, R

## 17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms out and hold the ends of the lat bar with an overhand grip. Pull the lat bar down as close to your feet as possible. Return to the starting position.

Muscles affected: C, E, R, S

## 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, R

## 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, R

## 20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar against your chest as shown. Keep your back straight and bend back at your waist. Return to the starting position.

Muscles affected: T

## 21 DEAD LIFT

Attach the lat bar to the low cable. Stand with your feet on the bar. Bend your knees and hold the bar with an overhand grip. Keep your back straight, and your feet on the bar. Return to the starting position.

Muscles affected: E, H, T, R, R

## 22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downward and hold the handle. Keep your arms at your sides and bend to the side as shown. Return to the starting position.

Muscles affected: Q, E, R

## 23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms straight and hold the lat bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders up. 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, R

## 25 ISOLATION CURL

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

Muscles affected: C, E

## 26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your feet on the bar. Kick your leg forward and hold it straight. Return to the starting position.

Muscles affected: K, Q, R, R

## 27 REEL KICK

Attach the ankle strap to the low cable. Hold one leg into the ankle strap with your foot. Kick your leg back as shown. Return to the starting position.

Muscles affected: L, Q, R

## 28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and reach your inside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: L, R

## 29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your outside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: Q, R

## 30 STRAINGING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar with an underhand grip. Keep your elbows at your sides and pull the lat bar up toward your chest. Return to the starting position.

Muscles affected: C, E

## 31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm straight out to the side. Hold the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: L, Q, Q

## 32 BENT LATERAL RAISE

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downward and hold the handle. Keep your arms straight and raise 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 your arms downward and hold the lat bar with an overhand grip. Keeping your arms straight, raise the lat bar until your hands are level with 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. Pull the curl bar up until your hands are level with your shoulders. Return to the starting position.

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

## 35 BENT ROW

Attach the handles to the low cable. Stand forward, extend your arms, and hold the handles with an overhand grip. Keeping your back straight, pull the handles toward your chest. Return to the starting position.

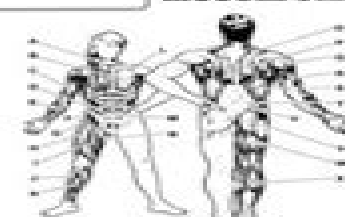
Muscles affected: C, E, Q, P, Q, S, T

## 36 SEATED ROW

Attach the curl bar to the low cable. Sit on the seat 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. Deltomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Triceps (back of arm)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Adductor (inner thigh)
- H. Quadriceps (outer thigh)
- I. Gluteus (back of thigh)
- J. Sartorius (front of thigh)
- K. Gluteus Medius (hip)
- L. Soleus (back of calf)
- M. Gastrocnemius (calf)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboid (upper back)
- Q. Pectoralis (chest)
- R. Latissimus (back of arm)
- S. Latissimus (back)
- T. Erector Spinae (lower back)
- U. Gluteus Maximus (hip)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)

# Weider Machine Workout Guide

**Joe Weider**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

## **Weider Machine Workout Guide:**

*Joe Weider's Ultimate Bodybuilding* Joe Weider,1999      **HIT-HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS** David Groscup,2016-01-01 In HIT HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS author David Groscup DR HIT provides the reader with effective muscle building training routines using the time and science tested HIT high intensity training protocol which was pioneered by Arthur Jones inventor of the famous Nautilus machines A companion to his other books this volume gives the reader easy to follow routines for practical application of the many different HIT variables or techniques designed to add muscle size and strength rapidly Topics include The right way to use pre exhaust and double pre exhaust techniques to blast your muscles to new growth How to push your muscles past exhaustion a great way to dramatically escalate gains Use negatives build strength and muscle size faster Slow things down to speed gains up Using static holds to break through sticking points Proper micro loading to prevent stagnation How to determine proper training intensity and frequency to avoid overtraining Using a single set to thoroughly train a muscle And much much more      The Weider Body Book Betty Weider,Joe Weider,1984 Bodybuilding for women Jim Kepner

**Bodybuilding, the Weider Approach** Joe Weider,1981 From the man who trained Schwarzenegger and Ferrigno comes an easy to follow manual on bodybuilding      **Bowker's Complete Video Directory** ,2000      DR HIT'S Ultimate Bodybuilding Guide:Chest David Groscup,2013-02-12 This comprehensive manual thoroughly explains the effective scientific principles and techniques of high intensity training or HIT Practical training routines are given for all levels of trainees from beginner through advanced bodybuilders Learn how to properly use forced reps negative reps negative accentuated reps super contraction holds partial reps and more to build a strong powerful well developed chest quickly      *Shape* ,1996

**Video Source Book** Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction      *Readers' Guide to Periodical Literature* Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1988 An author subject index to selected general interest periodicals of reference value in libraries      *Video Source Book* ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction      **The Cellulite Solution** Madlen Laura Simms,1990 THE CELLULITE SOLUTION is the most comprehensive book on cellulite ever written Most women with cellulite believe that once this disfigured appearance of the skin develops they are stuck with it for life They consider it to be a sign of aging or perhaps of a deteriorating body Worse still many women are told that either cellulite does not exist or that nothing can be done about it It needs to be recognized that cellulite is real excess fat waste water all components of cellulite The book outlines dietary guidelines an exercise program featuring strength training food supplementation other helpful techniques The author Laura Simms draws from a wealth of personal experiences that enable

her to relate to the drama feelings other women with cellulite experience on a level that is unparalleled In addition the information has been well researched the data well documented put into an easy to follow format that can be implemented in the privacy of one s own home      **Nutrition and Training for Women Bodybuilders** Joe Weider,1984      **Subject Guide to Books in Print** ,2001      Popular Mechanics ,1997-07 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

The Old School Strength Training Secrets Bible Dave Yarnell,2019-09-05 A huge compendium of Old School Strength training secrets full of great pictures methods and techniques compiled from a variety of awesome sources      **Pumping Up!** Ben Weider,Robert Kennedy,1985 Illustrated instructions and photos describe how to develop a weight training routine for women      **Women's Weight Training and Bodybuilding Tips and Routines** Joe Weider,1982      **The Video Source Book** David J. WEINER,1990      Bodybuilding 101 Robert Wolff,1999 From the pages of Muscle Fitness magazine comes Bodybuilding 101 a complete motivational how to guide based on Robert Wolff s immensely popular column in the world renowned fitness magazine Covering everything from nutrition basics common training mistakes and powerful mental strategies to specialized training for your body type and the 22 best machine exercises Bodybuilding 101 appeals to men and women of all ages from beginner to advanced fitness enthusiast anyone who desires a stronger firmer and shapelier body but does not have the know how to achieve it In order to help explain exercises step by step Bodybuilding 101 contains more than 200 photos by the best physique and exercise photographers in the industry Robert Wolff is a true fitness and motivation authority who has helped thousands reach their absolute best Let him show you the way to achieve incredible lifetime lasting results in the quickest way possible Robert Wolff Ph D lectures throughout the world on fitness motivation and high level success principles He has worked with such fitness legends as Arnold Schwarzenegger Lee Haney Steve Reeves Lou Ferrigno Rachel McLish and Cory Everson and has been published in Shape Men s Fitness and Flex Of all the writers who have written for my magazines one of the best who s changed the lives of people through bodybuilding and motivation is Robert Wolff He has the uncanny ability for discovering the subtleties that turn a good exercise into a great one and for cutting through the hype to explain it to the average man and woman in easy and motivating ways that they ll understand and remember Joe Weider No other physical activity can change your body faster than bodybuilding and no other writer and book can give you the real priceless jewels of training wisdom learned from years of gym workouts and working alongside the greatest names in the sport like Robert Wolff and Bodybuilding 101 This book will be a guide that you ll refer to time and time again because Robert Wolff s inspirational message is timeless Cory Everson six time Ms Olympia and bestselling author Robert Wolff is in a class of his own Few writers can capture the muscle and soul of bodybuilding like him You re holding a book written by the man who can give you a priceless world of knowledge and save you much wasted time and frustration

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