

**1 BENCH PRESS**

Sit on the seat and hold the handles with your hands. Attach the bar to the bar. Hold the bar with your hands until your arms are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY PRESS**

Adjust the system so it is positioned for the shoulders. Sit on the seat and press the bar up until your arms are straight. Fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and extend your arms. Do the butterfly arms are shown. Drive the butterfly arms forward with your arms and the pads touch. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your knees and your ankles straight and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**5 SQUAT**

Hold the handles with an overhand grip. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, L, M, B

**6 ALTERNATE LEG RAISE**

Adjust the seat so your knee is at the hip and your arms are supporting your weight. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: B, P, M

**7 VERTICAL KNEE RAISE**

Adjust the seat so your knee is at the hip and your arms are supporting your weight. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, M

**8 ARRESTED DIP**

Hold the handles with an overhand grip. Extend the arms forward, keeping your arms straight and your hands resting on the pads as shown. Lower lower your body slowly by bending your knees. Return to the starting position.

Muscles affected: B, L, C, P, D, M, B

**9 PULL-UP**

Grasp the pull-up handles with an overhand grip. Drive your arms up until your arms are straight and your feet flat on your toes. Return to the starting position.

Muscles affected: C, L, D, P, B

**10 PREACHER CURL**

Sit on the seat and rest your arms on the seat pad. Hold the bar with an overhand grip and your arms straight and your hands resting on the pads. Return to the starting position.

Muscles affected: C, L, K

**11 LEG PRESS**

Sit on the seat and place your feet on the floor. Hold the handles with your arms. Hold the handles until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: M, L, M, K

**12 LEG EXTENSION**

Sit on the seat and position your feet under the pads on the leg extension. Place your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: L, K

**13 LEG CURL**

Sit on the seat and position your feet under the pads on the leg curl. Hold the leg behind the leg extension. Return to the starting position.

Muscles affected: B, K

**14 ABS CRUNCH**

Adjust the seat so the floor is at the knee. Hold the handles with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Adjust the seat so the floor is at the knee. Hold the handles with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: B, K

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor cables. Hold the bar with an overhand grip. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: B, P, M, K

**17 LAT PULL-DOWN**

Adjust the seat so the floor is at the knee. Hold the handles, extend your arms, and hold the ends of the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: C, K, M, B

**18 TRICEPS EXTENSION**

Adjust the seat so the floor is at the knee. Hold the handles with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: B, K

**19 CROSSOVER FLY**

Adjust the handles to the center. Hold the handles with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: B, L, K, M

**20 BACK EXTENSION**

Adjust the seat so the floor is at the knee. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Adjust the bar so it is at the knee. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: L, M, T, K, M

**22 SHOE SWING**

Adjust the bar so it is at the knee. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: C, L, M

**23 SHOULDER SHRUG**

Adjust the bar so it is at the knee. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: L, C, P

**24 OVERHEAD EXTENSION**

Adjust the bar so it is at the knee. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Adjust the handles so the floor is at the knee. Hold the handles with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: C, M

**26 FRONT RAISE**

Adjust the pulley strap so the floor cables extend over your head. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: P, C, M, K

**27 REEL ROCK**

Adjust the pulley strap so the floor cables extend over your head. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: M, M, M

**28 HIP ADDUCTION**

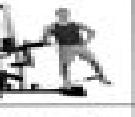
Adjust the pulley strap so the floor cables extend over your head. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTOR**

Adjust the pulley strap so the floor cables extend over your head. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: L, M

**30 STEAMING CURL**

Adjust the bar so it is at the knee. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position. To vary this exercise, hold the bar with your arms straight and your hands resting on the floor.

Muscles affected: C, M

**31 LATERAL RAISE**

Adjust the bar so it is at the knee. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: L, C, D, O

**32 BENT LATERAL RAISE**

Adjust the bar so it is at the knee. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: L, C, D, O

**33 FRONT RAISE**

Adjust the bar so it is at the knee. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: L, P, C

**34 UPRIGHT ROW**

Adjust the pulley strap so the floor cables extend over your head. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: C, L, S, P, M, O

**35 BENT ROW**

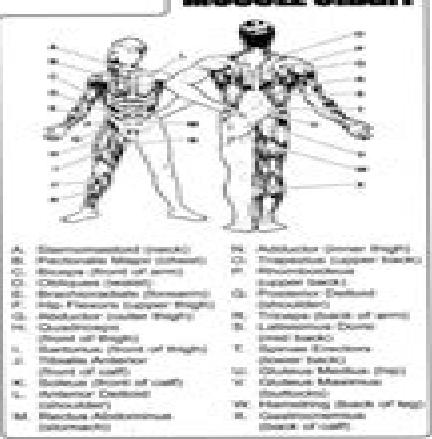
Adjust the bar so it is at the knee. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: C, L, S, P, M, O

**36 SQUAT ROW**

Adjust the pulley strap so the floor cables extend over your head. Hold the bar with your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: C, L, S, P, M, O, T

**MUSCLE CHART**

# Weight System Exercise Guide

**Catherine Jones, Rose Ann Hudson**

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