

# WEIDER

# WEIGHT SYSTEM EXERCISE GUIDE

## 1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Push your arms until your legs are fully extended. On lock back your knees. Return to the starting position.

Muscles affected: B, L, H

## 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, H

## 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 as far as possible. Return to the starting position.

Muscles affected: K, R

## 5 SQUAT

Hold the handles with an overhand grip, and straighten your legs. Slowly bend your legs as shown. DO NOT allow your lower back to flex. Return to the starting position. Alternate legs with each repetition.

Muscles affected: H, L, V, W

## 6 ALTERNATE LEG RAISE

Place the curl arms 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, H

## 7 VERTICAL KNEE RAISE

Mount the curl arms 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 at an angle and your feet flat on the floor. Return to the starting position.

Muscles affected: F, H

## 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, P, 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, P, S, R

## 10 PREACHER CURL

Sit on the seat and rest your arms on the curl pad. Hold the bar with an underhand grip and extend your arms. Slowly curl the 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 the bar down until your legs are fully extended. On lock back your knees. Return to the starting position.

Muscles affected: H, V, H, K

## 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: H

## 13 LEG CURL

Stand with the back of one leg resting against one of the pads on the leg lever. Raise the leg level by bending your leg as shown. Return to the starting position.

Muscles affected: H

## 14 AB CRUNCH

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

Muscles affected: H

## 15 TRICEPS PRESS DOWN

Attach the bar to the high cable. Facing the system, hold the bar with an overhand grip. Keep your arms at your sides and push the bar straight down. Return to the starting position.

Muscles affected: E, R

## 16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Hold the bar with an overhand grip. Your hands should be wide apart. With your arms straight, push the bar forward your hips. Return to the starting position.

Muscles affected: E, P, R, S

## 17 LAT PULL-DOWN

Attach the bar to the high cable. Facing the system, extend your arms up, and hold the ends of the bar with an overhand grip. Pull the bar down in front of your face. Return to the starting position.

Muscles affected: C, E, P, S

## 18 TRICEPS EXTENSION

Attach the bar to the high cable. Sit on the seat and hold the 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, S

## 20 BACK EXTENSION

Attach the bar to the low cable. Sit on the seat and hold the bar with an underhand grip and rest your arms 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 bar to the low cable. Stand with knees and hold the bar with an overhand grip. Extend your legs, keeping your arms and back straight, and your head up. Return to the starting position.

Muscles affected: E, H, T, V, W

## 22 SIDE BEND

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

Muscles affected: D, E, M

## 23 SHOULDER SHRUG

Attach the bar to the low cable. Extend your arms downward and hold the 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 forward, 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 downward 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 and extend one leg into the ankle strap. Keep your leg straight and move it forward as shown. Return to the starting position.

Muscles affected: F, Q, P, S

## 27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap with your heel against the bar. Kick your leg back as shown. Return to the starting position.

Muscles affected: L, V, W

## 28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert 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, H

## 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: S, W

## 30 STRANDED CURL

Attach the bar to the low cable. Sit on the seat and hold the bar with an underhand grip. Keep your elbows at your sides and curl the bar up toward your chest. Return to the starting position. To vary the exercise, hold the bar with an overhand grip.

Muscles affected: C, E

## 31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm sideways, and 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 handle to the low cable. Stand sideways and bend forward, extend one arm downward, and hold the handle with your arm slightly bent. 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 bar to the low cable. Extend both arms downward and hold the bar with an overhand grip. Keeping your arms straight, raise the 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 to your chest. Return to the starting position.

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

## 35 BENT ROW

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

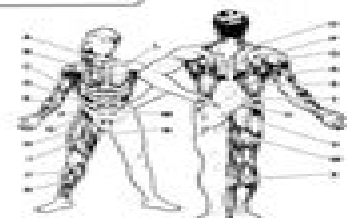
Muscles affected: C, E, Q, P, Q, S, T

## 36 SEATED ROW

Attach the curl bar to the low cable. Sit on the floor and hold the curl bar with an overhand grip. Pull the curl bar toward your chest and lean 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 (front of thigh)
- I. Sartorius (front of thigh)
- J. Gluteus Medius (back of thigh)
- K. Soleus (back of calf)
- L. Gastrocnemius (calf)
- M. Rectus Abdominus (abdomen)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboides (upper back)
- Q. Pectoralis (chest)
- R. Deltoid (shoulder)
- S. Triceps (back of arm)
- T. Latissimus Dorsi (lower back)
- U. Erector Spinae (lower back)
- V. Gluteus Maximus (buttock)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

# Weider Pro Gym 8900 Workout Guide

**Ben Weider, Joe Weider, Daniel Gastelu**

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the authors' names.

## **Weider Pro Gym 8900 Workout Guide:**

**Shape** ,1995     *Road and Track* ,1993     **The Advertising Red Books** ,2005-04     *Sports Market Place* ,1991 The premier reference book for everything and everybody related to the sports industry     *AT & T Toll-free National Directory* ,1996     *SRDS Consumer Magazine Advertising Source* ,1999     **One Minute to a Better Body** Muscle and Fitness,2003-03 If you have a minute you can improve how you train Using the easy to follow format of Muscle Elements of Your Workout Perfect Form Great Guns and a Six Pack Steel Wheels Heart Smarts Tools of the Trade Women in the Weight Room Whether you are a beginner or a professional you are sure to learn something to take your training to the next level

**Training Notebook** Weider Publications, LLC,2002 At last the complete fully illustrated guide to weight training exercises based on the popular Muscle Fitness column Training Notebook Now all in one place 74 of the best exercises ever with step by step directions for building a strong muscular physique This easy to follow format lets you choose from a variety of exercises for each bodypart from back and biceps to chest and calves You can now change up your training so you keep making gains while you hit your muscles from new angles every workout The Muscle Fitness Training Notebook provides detailed instruction on doing each movement correctly for maximum effectiveness and safety Special tips let you customize each exercise for your individual goals whether you want wider shoulders or stronger legs The training log lets you keep track of your sets reps and poundage along with your progress Color coded anatomy drawings show you the muscles in action with sports applications for each exercise listed Expand your exercise inventory with this essential guide The spiral bound format provides easy access for convenient use while you train     **The Edge** Ben Weider,Joe Weider,Daniel Gastelu,2003 The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight training

*Training Tips and Routines* Joe Weider,1981-01-01     **The Home Workout Plan for Beginners** Dale L Roberts,2019-02-06 Workout at Home with this Exercise Program for BeginnersAre you ready to finally start working out but don t know where to begin Wouldn t it be nice to get a simple exercise program you can do from the comforts of your home Then The Home Workout Plan for Beginners has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources The Home Workout Plan for Beginners gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In The Home Workout Plan for Beginners you ll discover Why you don t have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don t have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results ASAP Stop hoping to get results by blindly

searching online for answers Get the right information on the best steps for a beginner s home workout plan right NOW Get Your Copy and Start Your NEW At Home Workout Routine TODAY     Joe Weider's Muscle and Fitness Training Notebook Muscle & Fitness,2004-02-01 Built to capitalise on the exciting new design of Muscle and Fitness this edition allows you to store each new Training Notebook pullout in a high quality printed binder This special Collector s Edition works with each new issue of the magazine Remove the M F pullout in each month s Training Notebook section and add it to this binder Your training library will continue to grow The Training Notebook Collector s Edition provides detailed instructions on doing each movement correctly for maximum effectiveness and safety Special tips let you customise each exercise for your individual goals whether you want wider shoulders or stronger legs Colour coded anatomy drawings show you the muscles in action with sports applications for each exercise listed     **Cross-Training For Dummies** Tony Ryan,Martica Heaner,2011-06-15 Anyone can get into a fitness rut You could be exercising regularly but feeling unmotivated about your current routine Or you could be enjoying your workouts but not getting the results you really want You can even be on health club hiatus and looking for a way to get back into exercise mode Whatever your situation cross training is a practical solution Cross training is a well rounded way of approaching exercise It allows you to vary your workouts so you can inject a little excitement into your fitness routine while you receive better results out of your exercise plan If you have a real thirst for fitness knowledge then Cross Training For Dummies is for you Whether you just want to use cross training as a way to spice up a dull workout routine or you re looking to develop specific skills that will enhance your performance in a specific activity or sport this book can get you on track Cross Training For Dummies will keep you motivated interested strong and injury free as you strive to improve your level of fitness From savvy tips that ll turbo charge your workouts to great advice on weight lifting fitness activities and team sports this book has just what you need to advance to a higher level of fitness Cross Training For Dummies also covers topics that will help you to Assess your fitness level Set personalized exercise goals Have fun with individual and team sports Incorporate kickboxing Pilates spinning and other cutting edge workouts into you routine Understand the five elements of fitness Challenging your body to new fitness levels is hard work but the results are well worth it Cross Training For Dummies will help you understand how cross training works and show you how to put together a well balanced training program that will keep you happy and healthy     *More Training Tips and Routines* Joe Weider,1982 Successful bodybuilders offer weight training tips and describe specific routines for developing the chest biceps back and legs     **DIY Exercises and Routines** Amedeo Boyle,2020-12-11 Do It Yourself Exercises and Routines Book is the ultimate guide for anyone who wants to stay fit and active especially while at home and without any equipment You can stay at home and not have to worry about going to the gym or purchasing any equipment The book contains several workout routines with different difficulty levels beginner intermediate and advanced The routines empower you to gain control and improve your fitness level while having fun at the same time The variety of routines is very rich and you can flip through the book to pick a

number of workouts that suit your body type and workout at your own pace With this book Staying Active Being Fit and Body weight Exercises even while indoor Quarantine Lock down or Social Distancing has never been so easy Effective for Quarantine Workouts Exercises for all fitness levels Anywhere and Anytime without any Special Equipment     *The Best of Joe Weider's Muscle & Fitness* Joe Weider,1982     *Adnutrix Resistance Bands Workout Guide* Adnutrix Creation,2021-02-07

Do you have a new resistance band and can't seem to get a hang of it And are looking for exercises workouts to do with it at home to lose weight and tone every part of your body without feeling like you are trying too hard or spending too much time at the gym If you've answered YES Let This Book Hold You By The Hand As You Leverage The Power Of Adnutrix Resistance Bands Or Any Other Resistance Band To Target Different Parts Of Your Body To Achieve That Well Toned Look and track your daily workout More and more people are realizing that you don't really need to spend hours at the gym or spend too much money on expensive gym memberships when they could leverage their body weight coupled with resistance bands to bring about the same effects that a gym would bring If you've recently purchased or are considering purchasing resistance bands to achieve different fitness and weight loss goals it makes sense that you are looking for a guide that will hold you by the hand throughout the process show you how to set up your resistance band for different exercises and exactly the exercises to perform Perhaps you are here looking for answers to all the questions in your mind Where do you begin now that you have a resistance band How do you use items around your home to set up your resistance band to target different body parts What exercises can you do How do you make your workouts effective to get the most out of your workouts If you have these and other related questions this book is for you as it will address all these and more More precisely you will learn How to warm up well before every session A collection of quick start movements and full body workout to help you build muscles and blast fat until you get your desired body Each exercise is specifically customized for a certain group of muscles Clear step by step instructions on how to perform each of the exercises Clear pictures to illustrate how to perform each exercise Some training points to help you with your workout routine An easy to use tracker that you can use to keep a log of what you've done and achieved in every session And much more Even if you've never used a resistance band before this book will be all you need for all your resistance band workout needs     *Weight Training For Dummies* Liz Neporent,Suzanne Schlosberg,Shirley J. Archer,2006-03-06 A properly executed strength or weight lifting regimen can lower your blood pressure and cholesterol levels stabilize your blood sugar reduce the risk of heart disease increase your strength and more *Weight Training For Dummies* Third Edition is packed with all the information you need to start your own personalized weight training program and get yourself into peak condition fast You'll find out about Circuit and resistance training 20 minute weight training routines The newest and best weight training equipment Combining weight training with other exercise Gender differences in weight training goals and routines Specific approaches for baby boomers and seniors just starting out Using weight training to address specific health conditions Preventing injuries Weight training for children and

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web aug 24 2019 it existed from its moment of creation solely to kill human beings up to 350 000 jewish people are believed to have been ravaged killed and disposed of at the sobibór death camp miraculously hundreds of them fought back and 60 jews managed to escape the death camp but sadly their stories from sobibór remain largely unknown

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