

# 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 legs as shown. Do not allow your lower back to go into flexion. Rise to the starting position. Return to the starting position.

Muscles affected: H, L, V, W

## 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, W

## 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, M

## 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, V, W, 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: H

## 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: H

## 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: H

## 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. With your arms straight, push the lat bar forward over your head. Return to the starting position.

Muscles affected: E, R, R, S

## 17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms and hold the ends of the lat bar with an overhand grip. Pull the lat bar down as close to your face 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, S

## 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, V, W

## 22 SIDE BEND

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

Muscles affected: D, E, M

## 23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms downward 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, S, H, I

## 27 HEEL KICK

Attach the ankle strap to the low cable. Kick one leg into the air with your heel. Hold the leg straight. Return to the starting position.

Muscles affected: K, V, W

## 28 HIP ADDUCTION

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

Muscles affected: S, W

## 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. To vary this exercise, hold the lat bar with an overhand grip.

Muscles affected: C, E

## 31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm and hold the handle. Keep your arm at your side and raise 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 arm at your side 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 toward your chest. Return to the starting position.

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

## 35 BENT ROW

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

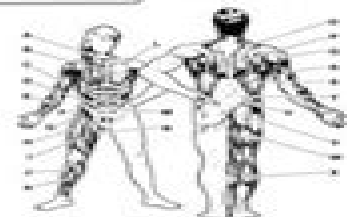
Muscles affected: C, E, S, P, Q, S, T

## 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 of arm)
- T. Erector Spinae (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (hip)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

# Weider Exercise Guide

**Wendy Mitchinson**

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

## **Weider Exercise Guide:**

*Argos catalogue 1989 -1990 old vintage book* KCC, *Argos catalogue 1989 1990 old vintage book* *The Edge* Ben Weider, Joe Weider, Daniel Gastelu, 2003-01-27 Ben and Joe Weider are the legendary founders of the modern fitness movement Their name is synonymous with athletic excellence and their proven programs have created champion bodybuilders and sports professionals for more than fifty years making Weider Nutrition International the number one sports nutrition company in the world Now in *The Edge* the Weiders share the training secrets of the pros that can help anyone interested in fitness achieve peak performance Here s why athletes and weekend warriors alike need *The Edge* Cutting edge research The most advanced scientific research on supplements and nutrition informs the book offering readers a definitive guide to natural performance enhancing supplements as an alternative to steroids Specificity Fitness goals weight training and nutrition programs tailored to individual needs The Weider Triangle Method This simple program combines weight training nutrition and skill training Variable Weight Training As the founders of the International Federation of Bodybuilders nobody knows more than the Weiders about weight training All of the recommended exercises are demonstrated in photographs by natural bodybuilding champions Mike O Hearn and Gea Johnson Dynanutrition A revolutionary nutrition program based on the Weiders 10 Commandments of Nutrition *The Edge* is an effective prescription for anyone who wants to be on top of their game and look their best while they re playing it *The Edge* Ben Weider, 2003 *Dr. Gallagher's Guide to 21st Century Medicine* Atlas Publishing Company, Martin P. Gallagher, 1997-08 *Ebony* , 1976-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *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 **TV Guide** , 1975 *Ebony* , 1975-12 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **McCall's** , 1976-04 *The EBay Price Guide* Julia L. Wilkinson, 2006 Provides lists of selling prices of items found on eBay in such categories as antiques boats books cameras coins collectibles dolls DVDs real estate stamps tickets and video games **Ebony** , 1975-10 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *Shape* , 1996 **Nuestro** , 1977 *Popular Mechanics* , 1975-02 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 **Ebony** , 1976-04 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Fighting Fat** Wendy Mitchinson, 2018-01-01 While

the statistics for obesity have been alarming in the twenty first century concern about fatness has a history In *Fighting Fat* Wendy Mitchinson discusses the history of obesity and fatness from 1920 to 1980 in Canada Through the context of body medicine weight measurement food studies fat studies and the identity of those who were fat Mitchinson examines the attitudes and practices of medical practitioners nutritionists educators and those who see themselves as fat *Fighting Fat* analyzes a number of sources to expose our culture s obsession with body image Mitchinson looks at medical journals both their articles and the advertisements for drugs for obesity as well as magazine articles and advertisements including popular before and after weight loss stories Promotional advertisements reveal how the media encourages negative attitudes towards body fat The book also includes over 30 interviews with Canadians who defined themselves as fat highlighting the emotional toll caused by the stigmatizing of fatness     Willing's Press Guide ,2004 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts     *Forbes* ,1987     **Aquatic Exercise** Ruth Sova,1993     **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

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