

# 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 elbows are fully extended. Keep your back straight. Fully extend your arms. 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 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 touch the seat. Rise to the starting position. Return to the starting position.

Muscles affected: H, L, V, W

## 6 ALTERNATE LEG RAISE

Secure the VCR arms with your back to the seat 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 VCR 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 and arms straight. Return to the starting position.

Muscles affected: F, W

## 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, P, S, R

## 10 PREACHER CURL

Sit on the seat and rest your arms on the seat 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 the foot pedal until your knees are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, W, 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 knee 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: W

## 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 curl the lat bar straight down. Return to the starting position.

Muscles affected: C, E

## 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, P, R, S

## 17 LAT PULL-DOWN

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

Muscles affected: C, E, P, 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: C, E

## 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 knees and hold the lat 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. Keep your arms at your sides and bend to the side as shown. Return to the starting position.

Muscles affected: C, 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, and 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 arms upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, S

## 25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm downward and hold the handle with an overhand grip. Keep your elbows at your sides 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 knees and hold one leg into the ankle strap. Keep your leg straight and kick 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 seat. 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 arms and chest 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 kick it to the side. Return to the starting position.

Muscles affected: S, V

## 30 STRANDED 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 curl the lat bar toward your chest. Return to the starting position. To vary the 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 downward, and hold the handle. Keep your arms at your sides 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 arms straight, raise the lat bar to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: C, Q

## 33 FRONT RAISE

Attach the lat bar to the low cable. Extend both arms downward and hold the lat bar with an overhand grip. Keeping your arms straight, raise the lat bar to the front until your hand is 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 handles to the low cable. Bend 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

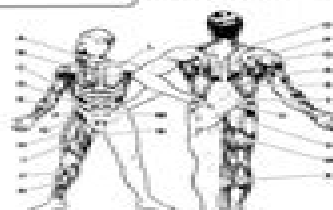
## 36 SEATED ROW

Attach the curl bar to the low cable. Sit on the 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)         | N. Adductor (inner thigh)        |
| B. Pectoralis Major (chest)    | O. Trapezius (upper back)        |
| C. Biceps (front of arm)       | P. Rhomboides (upper back)       |
| D. Triceps (back of arm)       | Q. Pectorator Deltoid (shoulder) |
| E. Hip Flexors (upper thigh)   | R. Adductor (back of arm)        |
| F. Adductor (inner thigh)      | S. Latissimus Dorsi (lower back) |
| G. Quadriceps (front of thigh) | T. Spine Erectors (lower back)   |
| H. Sartorius (front of thigh)  | U. Gluteus Medius (hip)          |
| I. Gluteus Medius (hip)        | V. Gluteus Maximus (buttock)     |
| J. Soleus (back of calf)       | W. Hamstring (back of leg)       |
| K. Gastrocnemius (calf)        | X. Gastrocnemius (back of calf)  |
| L. Rectus Abdominus (abdomen)  |                                  |

# Weider Weight System Exercise Guide

**Michael Hoelscher**

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

## **Weider Weight System Exercise Guide:**

Bullet Proof Guide For: Bodybuilding, Fitness, Exercise, Supplementation, Diet, Training, & Mechanics Tom Mione, 2020-08-01 This is a complete guide that will walk you through step by step how to achieve the ultimate body that you desire You will be brought through how your body responds to each and every single muscle activating mechanic so you can generate the most amount of muscle hypertrophy We examine all forms of exercise from power resistance what splits to incorporate what targets the deepest rips into the muscle fibers You will learn how to define the perfect workout as well as how to supplement the right way The supplement market is flooded with misinformation and false promises We break down all protein sources supplements and drinks so you know what to put in your body when how much and why If you re looking to stand on stages one day or just trim down some extra body fat you will be taken through how the body works to achieve and maximize any result goal you have instore If your already an advanced lifter and want to gain a competitive edge we have you covered If your just starting out or just want to improve your strength size and confidence we have you covered

The Weider Body Book Betty Weider, Joe Weider, 1984 Bodybuilding for women Jim Kepner **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 **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 **Bowker's Complete Video Directory**, 2000 Dr. Gallagher's Guide to 21st Century Medicine Atlas Publishing Company, Martin P. Gallagher, 1997-08 **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 **McCall's**, 1976-04 *The Publishers Weekly*, 1996

Subject Guide to Books in Print, 2001 Muscle, Smoke & Mirrors Randy Roach, 2008 The research for this extensive two volume project represents a comprehensive effort to establish a complete context from which the sport of bodybuilding arose Muscle Smoke but also to the most elite of athletes Whether you are a novice an elite bodybuilder or simply sports nutrition minded learn how the emerging forces of the Iron Game evolved Ultimately the factions of this industry would grow powerful and manipulative while fighting for control over the Game It took the running of several parallel histories on bodybuilding nutrition supplements and the role of drugs to offer a complete first time unraveling of the web of confusion and politics that still permeates the sport into the 21st century Volume I of Muscle Smoke Mirrors is truly the untold stories surrounding Bodybuilding s Amazing Nutritional Origins Exerstyle Philip Mazzurco, 1985 Permanent Habit Control Brian Grodner, David B. Reid, 2010-01-18 Grodner and Reid present the first professional book that attempts to permanently change health behaviors using Ericksonian Hypnotherapy This book provides mental health professionals with a practical

resource that will help them initiate permanent habit change in their clients lives Hypnotherapy has been proven to help people break poor eating habits quit smoking reduce alcohol and drug consumption and manage stress The book provides eclectic and innovative behavioral and naturalistic interventions that can be individually tailored to help clients regain control of their lives The authors offer specific strategies processes metaphors images reframing techniques task assignments and other innovative techniques for managing unwanted habits beginning with the initial client contact and continuing through relapse prevention and follow up reinforcement sessions Assists practitioners in helping clients understand and access their internal resources to help them initiate permanent habit control Demonstrates how to employ the Enneagram a profound psychological and spiritual tool for understanding the self and offering pragmatic insight to initiate behavioral changes Presents case histories from the authors own clinical work to illustrate the interventions in practical and strategic ways Includes end of chapter activities to improve skills such as generating individualized treatment plans and conducting personality assessments Hypnotherapy serves as a less expensive alternative approach for improving the quality of life and helping people adopt healthier lifestyles through behavioral change

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