

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your arms until your legs are fully extended. On 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 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. Repeat the exercise.

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Place the chair 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, W

7 VERTICAL KNEE RAISE

Mount the chair 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, 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, P, S

10 PREACHER CURL

Sit on the seat and rest your arms on the seat 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 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 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 over your head. Return to the starting position.

Muscles affected: E, P, R, S

17 LAT PULL-DOWN

Attach the bar to the high cable. Sit 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 fixed. 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 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: C, 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 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 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 with your feet apart, one foot into the ankle strap. Keep your leg straight and kick it forward as shown. Return to the starting position.

Muscles affected: T, 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, 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: L, R

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 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: C, 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.

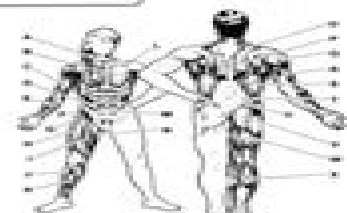
Muscles affected: C, E, Q, P, Q, S, T

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. Latissimus Dorsi (back)
- S. Erector Spinae (lower back)
- T. Gluteus Maximus (back of thigh)
- U. Hamstring (back of thigh)
- V. Gastrocnemius (back of calf)

Weider Pro Gym 8900 Workout Guide

Ensheng Dong

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

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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

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