

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Extend your legs and place your feet on the floor. Hold the handles with your hands until your legs are fully extended. Keeping your arms straight, fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**11 LEG PRESS**

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

Muscles affected: M

**21 DEAD LIFT**

Attach the barbell to the bar handle. Stand with your feet shoulder-width apart and hold the handles with your hands. Keeping your arms straight, bend your legs and stand on your toes. Return to the starting position.

Muscles affected: L, H, T, M, M

**31 LATERAL RAISE**

Attach a handle to the bar handle. Stand with your feet shoulder-width apart and hold the handles to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: L, H, C, O

**2 MILITARY PRESS**

Attach the bar system to the bar handle. Sit on the seat and press the handles together. Extend your arms straight, fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**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 one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise up on your toes. Do not let your knee go. Return to the starting position.

Muscles affected: H, M

**5 SQUAT**

Hold the handles with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise up on your toes. Do not let your knee go. Return to the starting position.

Muscles affected: H, L, M, M

**6 ALTERNATE LEG RAISE**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position. Alternate legs with each rep.

Muscles affected: B, F, M

**7 VERTICAL KNEE RAISE**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position. Alternate legs with each rep.

Muscles affected: F, M

**8 ASSISTED DIP**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles as shown. Lower your body until your arms are straight and your chin is level with your chest. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms on the seat pad. Hold the bar bar with one hand. Extend your right leg and extend back on your right. Return to the starting position.

Muscles affected: H, L, K

**22 SHOE SHINE**

Attach the barbell to the bar handle. Stand with your arms extended and hold the handles to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: D, C, M

**32 SHOULDER SHRUG**

Attach the barbell to the bar handle. Stand with your arms extended and hold the handles to the sides until your hands are level with your shoulders. Keeping your arms straight, shrug your shoulders. Return to the starting position.

Muscles affected: E, C, P, F

**13 LEG CURL**

Sit with the back of one leg resting against one of the pads on the leg curl. Raise the leg toward your head until your knee is straight. Return to the starting position.

Muscles affected: M

**14 JAB CRUNCH**

Attach the barbell to the bar handle. Hold the bar with your arms extended and hold your knee with your other hand. Lean forward, keeping your back straight and keeping your head straight.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Attach the barbell to the bar handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: B, M

**23 OVERHEAD EXTENSION**

Attach the barbell to the bar handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight. Return to the starting position.

Muscles affected: H, M, M

**33 ISOLATION CURL**

Attach the barbell to the bar handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: C, M

**16 STIFF ARM PUSHDOWN**

Connect the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position. Alternate legs with each rep.

Muscles affected: B, F, M

**17 LAT PULL-DOWN**

Attach the barbell to the floor handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: C, H, P, M

**18 TRICEPS EXTENSION**

Attach the barbell to the bar handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: B, M, M

**19 CROSSOVER FLY**

Attach the barbell to the bar handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: H, L, C, M

**20 BACK EXTENSION**

Attach the barbell to the bar handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: T

**24 FRONT RICK**

Attach the pulley cable to the floor handle. Stand on a platform and extend your legs. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: H, C, M, P

**34 SQUAT RICK**

Attach the pulley cable to the floor handle. Set on the floor and hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: C, H, C, P, M

**25 HIP ADDUCTION**

Attach the cable handle to the floor handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: L, M, M

**26 HIP ADDUCTOR THIGH**

Attach the cable handle to the floor handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: L, M, M

**27 HIP ADDUCTOR THIGH**

Attach the cable handle to the floor handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: L, M, M

**28 HAMSTRUNG CURL**

Attach the cable handle to the floor handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: C, H

**29 HAMSTRUNG CURL**

Attach the cable handle to the floor handle. Hold the bar with your arms extended and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: C, H, M, M

**30 STEADYING CURL**

Attach the barbell to the bar handle. Extend your arms straight and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position. Do every two seconds. Return to the starting position.

Muscles affected: C, H

**31 HAMSTRUNG CURL**

Attach the barbell to the bar handle. Extend your arms straight and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: C, H, M

**32 HAMSTRUNG CURL**

Attach the barbell to the bar handle. Extend your arms straight and hold the bar with your arms straight. Extend your arms straight and hold the bar with your arms straight. Return to the starting position.

Muscles affected: C, H, M

**MUSCLE CHART**

! WARNING: Before beginning any resistance program, consult your physician. This is especially important for anyone over the age of 30 or for persons who have never exercised before. Do not use this equipment for strenuous or competitive training.

IMPORTANT: This power system is designed for resistance training and is not intended for use in weight lifting. Please note that your weight system may have some of the same names as those in this chart. These names are not to guarantee all of the exercises shown. Rather, they are to be used as a guide for performing exercises.

Weider Home Gym Weight System Exercise Guide

Joe Weider

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The Last Drug-Free Bodybuilder Bob Gallucci, Ed.D., **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 **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 **Shape**, 1993-05 *Subject Guide to Books in Print*, 2001

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[1974]: Obesity and fad diets United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1973

American Home, 1974 Ebony, 1974-08 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 *Medical and Health Care Books and Serials in Print*, 1997 *Weight Training Today* Robert O'Connor, Jerry Simmons, 1989 See Adams Racquetball Today for description **Nutrition and Diseases--1973 [1974]** United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1973 **The Publishers Weekly**, 1986 Ebony, 1974-10 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 *Success Unlimited*, 1974 **Ebony**, 1974-09 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

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