

# WEIDER

# WEIGHT SYSTEM EXERCISE GUIDE

## 1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Place your arms in front. 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, O, 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 in front and lean into the side of the seat.



Muscles affected: L, P

## 11 LEG PRESS

Sit on the seat and place your feet on the press pads as shown. Press forward until your legs are fully extended. Do not lock your wrists. Return to the starting position.



Muscles affected: B, V, M, R

## 12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg extender. Press the leg forward until your legs are straight. Return to the starting position.



Muscles affected: B

## 13 LEG CURL

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



Muscles affected: B

## 14 AB CRUNCH

Attach the ab straps to the sit-up bar. Hold the ab straps over your shoulder. Keep your feet flat on the floor.



Muscles affected: B, V, M

## 21 DEAD LIFT

Attach the lat bar to the low cable. Bend your knees and hold the lat bar with an overhand grip. Straighten your legs, keeping your arms and back straight, and your head up. Return to the starting position.



Muscles affected: L, V, M, R

## 22 SIDE BEND

Attach the handle to the low cable. Stand sideways and bend forward, 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: B, L, M

## 23 SHOULDER SHRUG

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 until your hands are level with your shoulders. Return to the starting position.



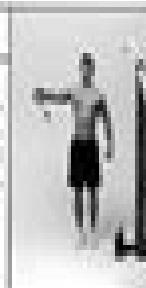
Muscles affected: L, O, P

## 24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arm

## 31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm downward and hold the handle. Raise the handle to the side until your hand is level with your shoulder. Return to the starting position.



Muscles affected: L, O, O

## 32 BENT LATERAL RAISE

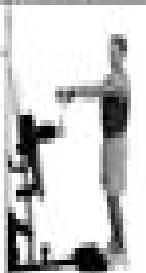
Attach the handle to the low cable. Stand sideways and bend forward, extend one arm downward, and hold the handle with your arm slightly bent. Raise the handle to the side until your hand is level with your shoulder. Return to the starting position.



Muscles affected: O, O

## 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 until your hands are level with your shoulders. Return to the starting position.



Muscles affected: L, P, O

## 34 UPRIGHT ROW

Attach the lat bar to the low cable. Hold the lat bar with an overhand grip. Lift the lat bar to your chest.



# Weider Pro Exercise Chart

**SB Merriam**

## Weider Pro Exercise Chart:

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