

**1 BENCH PRESS**

Sit on the seat and hold the handles with your hands. Extend your legs straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, T, M

**2 MILITARY SPREADS**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Keep your arms straight. Return to the starting position.

Muscles affected: L, T, M

**3 BICEPS CURL**

Sit on the seat and hold the handles with your hands. Extend your legs straight. Extend your arms straight. Return to the starting position.

Muscles affected: B, T

**4 CALF RAISE**

Stand with your feet on the floor plates. Keep your arms straight. Return to the starting position.

Muscles affected: M, B

**5 SQUAT**

Stand with your feet on the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: P, L, M

**6 ALTERNATE LEG RAISE**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Extend your arms straight. Return to the starting position.

Muscles affected: B, T, M

**7 VERTICAL KNEE RAISE**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your arms straight. Return to the starting position.

Muscles affected: T, M

**8 AUSTRIAN STEP**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your arms straight. Return to the starting position.

Muscles affected: B, L, T, M

**9 PULL-UP**

Grasp the pull-up handles with your hands. Lower your body. Pull your arms and legs straight. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms at the waist. Hold the bar with your hands and arms straight. Extend your arms straight. Return to the starting position.

Muscles affected: B, L

**11 LEG PRESS**

Sit on the seat and place your feet on the floor plates. Extend your legs straight. Keep your arms straight. Return to the starting position.

Muscles affected: M, T, M, B

**12 LEG EXTENSION**

Sit on the seat and place your feet under the floor plates. Extend your legs straight. Keep your arms straight. Return to the starting position.

Muscles affected: T, M

**13 LEG CURL**

Sit on the seat with the back of your leg resting against one of the pads on the leg extension. Return to the starting position.

Muscles affected: B, M

**14 ABS CRUNCH**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESSDOWN**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: C, B, M, B

**18 TRICEPS EXTENSION**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, M

**19 CROSSEOVER FLY**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, L, C, M

**20 BACK EXTENSION**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: T, M

**21 DEAD LIFT**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, T, M, B

**22 SHOE SWING**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, B, M

**23 SHOULDER SHRUG**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, D, P

**24 OVERHEAD EXTENSION**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, B

**25 ISOLATION CURL**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, B

**26 FRONT RAISE**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, S, M, P

**27 KNEEL ROCK**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, S, M, P

**28 HIP ADDUCTION**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M

**29 HIP ABDUCTION**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M

**30 SQUATING CURL**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: C, B

**31 LATERAL RAISE**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, D, P, D

**32 BENT LATERAL RAISE**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, D, P, D

**33 FRONT RAISE**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, P, D

**34 UPRIGHT ROW**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

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

**35 BENT ROW**

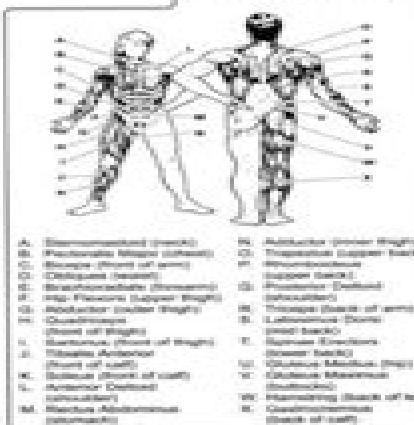
Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

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

**36 SQUAT ROW**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

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

**MUSCLE CHART**

# Weider Machine Workout Guide

**Lori Coleman**

## Weider Machine Workout Guide:

**Joe Weider's Ultimate Bodybuilding** Joe Weider,1999     HIT-HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS David Groscup,2016-01-01 In HIT HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS author David Groscup DR HIT provides the reader with effective muscle building training routines using the time and science tested HIT high intensity training protocol which was pioneered by Arthur Jones inventor of the famous Nautilus machines A companion to his other books this volume gives the reader easy to follow routines for practical application of the many different HIT variables or techniques designed to add muscle size and strength rapidly Topics include The right way to use pre exhaust and double pre exhaust techniques to blast your muscles to new growth How to push your muscles past exhaustion a great way to dramatically escalate gains Use negatives build strength and muscle size faster Slow things down to speed gains up Using static holds to break through sticking points Proper micro loading to prevent stagnation How to determine proper training intensity and frequency to avoid overtraining Using a single set to thoroughly train a muscle And much much more     *The Weider Body Book* Betty Weider,Joe Weider,1984 Bodybuilding for women Jim Kepner

Bodybuilding, the Weider Approach Joe Weider,1981 From the man who trained Schwarzenegger and Ferrigno comes an easy to follow manual on bodybuilding     Bowker's Complete Video Directory ,2000     **DR HIT'S Ultimate Bodybuilding Guide:Chest** David Groscup,2013-02-12 This comprehensive manual thoroughly explains the effective scientific principles and techniques of high intensity training or HIT Practical training routines are given for all levels of trainees from beginner through advanced bodybuilders Learn how to properly use forced reps negative reps negative accentuated reps super contraction holds partial reps and more to build a strong powerful well developed chest quickly     *Shape* ,1996     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

**Readers' Guide to Periodical Literature** Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1988 An author subject index to selected general interest periodicals of reference value in libraries     **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     **The Cellulite Solution** Madlen Laura Simms,1990 THE CELLULITE SOLUTION is the most comprehensive book on cellulite ever written Most women with cellulite believe that once this disfigured appearance of the skin develops they are stuck with it for life They consider it to be a sign of aging or perhaps of a deteriorating body Worse still many women are told that either cellulite does not exist or that nothing can be done about it It needs to be recognized that cellulite is real excess fat waste water all components of cellulite The book outlines dietary guidelines an exercise program featuring strength training food supplementation other helpful techniques The author Laura Simms draws from a wealth of personal experiences that enable her to relate to the drama

feelings other women with cellulite experience on a level that is unparalleled In addition the information has been well researched the data well documented put into an easy to follow format that can be implemented in the privacy of one s own home *Nutrition and Training for Women Bodybuilders* Joe Weider,1984 *Subject Guide to Books in Print* ,2001

*Popular Mechanics* ,1997-07 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 **The Old School**

**StrengthTraining Secrets Bible** Dave Yarnell,2019-09-05 A huge compendium of Old School Strength training secrets full of great pictures methods and techniques compiled from a variety of awesome sources *Pumping Up!* Ben Weider,Robert Kennedy,1985 Illustrated instructions and photos describe how to develop a weighttraining routine for women **Women's**

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