

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PNEUS

Place the feet on the bar and hold the handles with an overhand grip. Push your elbows as far apart as possible and pull your hands to the starting position.

Muscles affected: B, L, R

2. MILITARY PRESS

Adjust the pulleys so that the bar is at eye level. Grasp the bar with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, R

3. BUTTERFLY

Place your arms and feet on the bar. Push your arms down and out. Push the handles back to the starting position.

Muscles affected: B, L

4. CALF RAISE

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

5. SQUAT

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

6. ALTERNATE LEG RAISE

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

7. VERTICAL KNEE RAISE

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

8. ASSISTED DIP

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

9. TRICEPS

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

10. BICEPS CURL

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

11. LEG PRESS

Place the feet on the bar and hold the handles with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

12. LEG EXTENSION

Place the feet on the bar and hold the handles with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

13. LEG CURL

Place the feet on the bar and hold the handles with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

14. AB CRUNCH

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

16. STIFF ARM PUSHDOWN

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

17. LAT PULL DOWN

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

18. TRICEPS EXTENSION

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

19. OVERSHOULDER FLX

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

20. BACK EXTENSION

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

21. DEAD LIFT

Place the feet on the bar and hold the handles with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

22. SIDE BEND

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

23. SHOULDER DRAG

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

24. SHOULDER EXTENSION

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

25. ISOLATION CURL

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

26. FRONT KICK

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

27. HEEL KICK

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

28. HIP ADDUCTOR

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

29. HIP ABDUCTOR

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

30. CROSSED LEG

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

31. LATERAL RAISE

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, R

32. BENT LATERAL RAISE

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

33. FRONT RAISE

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, R

34. UPRIGHT ROW

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B, R

35. BENT ROW

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B, R

36. SEATED ROW

Place the handles on the pulleys. Grasp the bar with an overhand grip. Push your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B, R

MUSCLE CHART



NECK
1. PNEUS
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32. BENT LATERAL RAISE
33. FRONT RAISE
34. UPRIGHT ROW
35. BENT ROW
36. SEATED ROW

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Weider X2 Power Guide Home Gym

William Smith

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