

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Push your arms up until your legs are fully extended. Do not 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. Do not lean forward. Return to the starting position.

Muscles affected: K, R

5 SQUAT

Hold the handles with an overhand grip, and strengthen your legs. Slowly lower your legs as shown. Do not allow your lower back to go into flexion. Rise to the starting position. Return to the starting position.

Muscles affected: H, L, Q, R

6 ALTERNATE LEG RAISE

Place the right arm 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, R

7 VERTICAL KNEE RAISE

Mount the right arm 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 as close to your torso as possible. Return to the starting position.

Muscles affected: K, R

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, R, S

10 PREACHER CURL

Sit on the seat and rest your arms on the curl pad. Hold the lat bar with an underhand grip and extend your arms. Slowly curl the lat 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 forward until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, Q, R, R

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: R

13 LEG CURL

Stand with the back of one leg resting against one of the pads on the leg lever. Place the leg lever by bending your legs as shown. Return to the starting position.

Muscles affected: R

14 AB CRUNCH

Attach the ab straps to the ab cables. Hold the ab straps over your shoulders. Lean forward, rounding at your waist and keeping your back straight.

Muscles affected: R

15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Keep your arms at your sides and push the lat bar down until your arms are straight. Return to the starting position.

Muscles affected: E, R

16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Hold the lat bar with an overhand grip. Your hands should be shoulder-width apart. While keeping your arms straight, push the lat bar forward over your head. Return to the starting position.

Muscles affected: E, R, R, R

17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms and hold the ends of the lat bar with an overhand grip. Pull the lat bar down as close to your torso as possible. Return to the starting position.

Muscles affected: C, E, R, S

18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows bent. 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 lat bar to the low cable. Sit on the seat and hold the lat bar 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 lat bar to the low cable. Stand with your feet on the bar. Bend your knees and hold the bar with an overhand grip. Keep your back straight, and your head up. Return to the starting position.

Muscles affected: E, H, T, R, R

22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downward and hold the handle. Keep your arm at your side and bend to the side as shown. Return to the starting position.

Muscles affected: D, E, R

23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms downward and hold the lat 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 down 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 on the bar. Kick your leg forward and hold it straight. Return to the starting position.

Muscles affected: K, Q, R, R

27 REEL KICK

Attach the ankle strap to the low cable. Hold one leg into the ankle strap with your knee slightly bent. Kick your leg back as shown. Return to the starting position.

Muscles affected: L, Q, R

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: Q, R

30 STRAINGING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar with an underhand grip. Keep your elbows at your sides and curl the lat bar up toward your chest. Return to the starting position. To vary this exercise, hold the lat bar with an overhand grip.

Muscles affected: C, E

31 LATERAL RAISE

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

Muscles affected: Q, Q

33 FRONT RAISE

Attach the lat bar to the low cable. Extend your 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, 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 handles to the low cable. Stand forward, extend your arms, and bend the handle with an overhand grip. Keeping your back straight, pull the handle toward your chest. Return to the starting position.

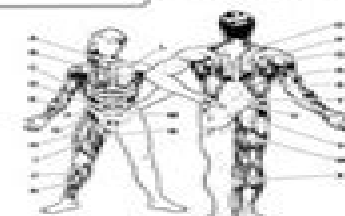
Muscles affected: C, E, Q, P, Q, S, T

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 then back. Return to the starting position.

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

MUSCLE CHART



- | | |
|--------------------------------|---------------------------------|
| A. Deltomastoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboid |
| D. Triceps (back of arm) | Q. Triceps (back of arm) |
| E. Brachioradialis (forearm) | R. Pronator (forearm) |
| F. Lat. Flexors (upper thigh) | S. Quadriceps (front of thigh) |
| G. Adductor (inner thigh) | T. Hamstrings (back of thigh) |
| H. Quadriceps (front of thigh) | U. Latissimus (dorsal) |
| I. Gluteus (back of thigh) | V. Erector Spinae (lower back) |
| J. Sartorius (front of thigh) | W. Gluteus Medius (hip) |
| K. Gluteus (back of thigh) | X. Gluteus Maximus (hip) |
| L. Soleus (back of calf) | Y. Hamstring (back of leg) |
| M. Gastrocnemius (calf) | Z. Gastrocnemius (back of calf) |

Weider Exercise Guide

Minjie Lin



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Table of Contents Weider Exercise Guide

1. Understanding the eBook Weider Exercise Guide
 - The Rise of Digital Reading Weider Exercise Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Weider Exercise Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weider Exercise Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weider Exercise Guide
 - Personalized Recommendations
 - Weider Exercise Guide User Reviews and Ratings
 - Weider Exercise Guide and Bestseller Lists
5. Accessing Weider Exercise Guide Free and Paid eBooks
 - Weider Exercise Guide Public Domain eBooks
 - Weider Exercise Guide eBook Subscription Services
 - Weider Exercise Guide Budget-Friendly Options
6. Navigating Weider Exercise Guide eBook Formats

- ePub, PDF, MOBI, and More
- Weider Exercise Guide Compatibility with Devices
- Weider Exercise Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weider Exercise Guide
 - Highlighting and Note-Taking Weider Exercise Guide
 - Interactive Elements Weider Exercise Guide
- 8. Staying Engaged with Weider Exercise Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weider Exercise Guide
- 9. Balancing eBooks and Physical Books Weider Exercise Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weider Exercise Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Weider Exercise Guide
 - Setting Reading Goals Weider Exercise Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weider Exercise Guide
 - Fact-Checking eBook Content of Weider Exercise Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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