

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Push your arms out until your arms are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

2 MILITARY PRESS

Attach the system as shown for the exercise. Set on the seat and grasp the arms with an overhand grip. Pushing your hands straight up, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, R

3 BUTTERFLY

Set on the seat and place your arms on the butterfly arms as shown. Push 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 as far as possible. Return to the starting position.

Muscles affected: R, R

5 SQUAT

Hold the handles with an overhand grip and straighten your legs. Stand with your feet as shown. Do not allow your knees to touch. Return to the starting position.

Muscles affected: L, L, V, W

6 ALTERNATE LEG RAISE

Attach the unit arms with your back to the system and your arms extended. Push your arms out and fully extend your arms. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, R, W

7 VERTICAL KNEE RAISE

Attach the unit arms with your back to the system and your arms extended. Push your arms out and fully extend your arms. Return to the starting position.

Muscles affected: R, W

8 ASSISTED DIP

Attach the system as shown. Grasp the handles with your arms extended and your knees resting on the pads as shown. Push your arms out until your arms are fully extended. Return to the starting position.

Muscles affected: B, L, Q, R, Q, R, S

9 PULL-UP

Attach the pull-up handles as shown. Lower your body until your arms are straight. Pull your body up until your arms are fully extended. Return to the starting position.

Muscles affected: C, B, S, R, S

10 PREACHER CURL

Set on the seat and rest your arms on the bar pad. Hold the bar with an overhand grip and extend your arms. Push your arms up until your arms are fully extended. Return to the starting position.

Muscles affected: C, B



11 LEG PRESS

Set on the seat and place your feet on the press plate as shown. Push your arms out until your arms are fully extended. Do not touch your knees. Return to the starting position.

Muscles affected: H, V, W, R

12 LEG EXTENSION

Set on the seat and position your feet under the pads on the leg lever. Push the leg lever until your legs are straight. Return to the starting position.

Muscles affected: H

13 LEG CURL

Stand with the back of one leg resting against one of the pads on the leg lever. Push the leg lever by bending your knee. Return to the starting position.

Muscles affected: H

14 AB CRUNCH

Attach the ab straps to the ab cables. Push the ab straps over your shoulders. Lie on your back. Bend your knees and push your feet straight up. Return to the starting position.

Muscles affected: H

15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Push your arms out until your arms are fully extended. Return to the starting position.

Muscles affected: B, R

16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Stand with your arms extended. Push your arms out until your arms are fully extended. Return to the starting position.

Muscles affected: B, R, R, S

17 LAT PULL-DOWN

Attach the lat bar to the high cable. Set on the seat and hold the lat bar with an overhand grip. Pull the lat bar down to your knees. Return to the starting position.

Muscles affected: C, B, R, S

18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Set on the seat and hold the lat bar above your head with your arms extended. Push your arms out until your arms are fully extended. Return to the starting position.

Muscles affected: B, R

19 CROSSOVER FLY

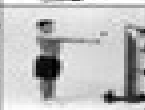
Attach the handles to the cables. Stand with your arms extended. Push your arms out until your arms are fully extended. Return to the starting position.

Muscles affected: B, L, S, S

20 BACK EXTENSION

Attach the lat bar to the low cable. Set on the seat and hold the lat bar against your chest as shown. Push your back straight and bend back at the hips. Return to the starting position.

Muscles affected: T



21 DEAD LIFT

Attach the lat bar to the low cable. Stand with your feet and hold the lat bar with an overhand grip. Push your arms straight up until your arms are fully extended. Return to the starting position.

Muscles affected: B, H, T, V, W

22 SIDE BEND

Attach the handles to the low cable. Stand sideways and hold the handles with an overhand grip. Push your arms out until your arms are fully extended. Return to the starting position.

Muscles affected: C, B, W

23 SHOULDER SHRUG

Attach the lat bar to the low cable. Stand with your arms extended and hold the lat bar with an overhand grip. Push your arms up until your arms are fully extended. Return to the starting position.

Muscles affected: B, Q, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Push your arm straight up until your arm is fully extended. Return to the starting position.

Muscles affected: B, B

25 ISOLATION CURL

Attach a handle to the low cable. Stand with your arms extended and hold the handle with an overhand grip. Push your arms up until your arms are fully extended. Return to the starting position.

Muscles affected: C, B

26 FRONT KICK

Attach the unit arm to the low cable. Stand with your arms extended and hold the unit arm with an overhand grip. Push your arm straight up until your arm is fully extended. Return to the starting position.

Muscles affected: R, B, R, S

27 HEEL KICK

Attach the unit arm to the low cable. Stand with your arms extended and hold the unit arm with an overhand grip. Push your arm straight up until your arm is fully extended. Return to the starting position.

Muscles affected: C, B, W

28 HIP ADDUCTION

Attach the unit arm to the low cable. Stand sideways and hold the unit arm with an overhand grip. Push your arm straight up until your arm is fully extended. Return to the starting position.

Muscles affected: L, H

29 HIP ABDUCTION

Attach the unit arm to the low cable. Stand sideways and hold the unit arm with an overhand grip. Push your arm straight up until your arm is fully extended. Return to the starting position.

Muscles affected: C, W

30 BRANDING CURL

Attach the lat bar to the low cable. Stand with your arms extended and hold the lat bar with an overhand grip. Push your arms up until your arms are fully extended. Return to the starting position.

Muscles affected: C, B



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways and hold the handle with an overhand grip. Push your arm straight up until your arm is fully extended. 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. Push your arms straight up until your arms are fully extended. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the lat bar to the low cable. Stand with your arms extended and hold the lat bar with an overhand grip. Push your arms straight up until your arms are fully extended. Return to the starting position.

Muscles affected: L, R, Q

34 UPRIGHT ROW

Attach the curl bar to the low cable. Stand with your arms extended and hold the curl bar with an overhand grip. Push your arms straight up until your arms are fully extended. Return to the starting position.

Muscles affected: C, B, L, Q, R, Q

35 BENT ROW

Attach the handles to the low cable. Stand sideways and bend forward. Push your arms straight up until your arms are fully extended. Return to the starting position.

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

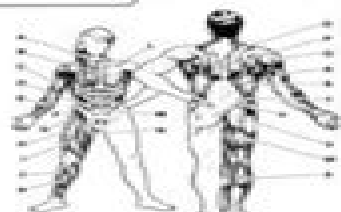
36 SEATED ROW

Attach the curl bar to the low cable. Set on the seat and hold the curl bar with an overhand grip. Push the curl bar back until your arms are fully extended. Return to the starting position.

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



MUSCLE CHART



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

Weider Weight System Exercise Guide Video

Ben Weider, Joe Weider, Daniel Gastelu

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