

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Attach the bar to the bar. Hold the bar with your hands until your arms are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY PRESS**

Adjust the system so it is positioned for the shoulders. Sit on the seat and press the bar up until your arms are straight. Fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and extend your arms. Do the butterfly arms are shown. Drive the butterfly arms forward with your arms and the pads touch. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your knees and your ankles straight and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**5 SQUAT**

Hold the handles with an overhand grip. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, L, M, B

**6 ALTERNATE LEG RAISE**

Adjust the seat so your knee is at the hip and your arms are supporting your weight. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: B, P, M

**7 VERTICAL KNEE RAISE**

Adjust the seat so your knee is at the hip and your arms are supporting your weight. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, M

**8 ARRESTED DIP**

Hold the handles with an overhand grip. Extend the arms forward, keeping your arms straight and your hands resting on the pads as shown. Lower lower your body slowly by bending your knees. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles with an overhand grip. Drive your arms up until your arms are straight and your feet flat on your toes. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and rest your arms on the seat pad. Hold the bar with an overhand grip and your arms straight and your hands resting on the pads. Return to the starting position.

Muscles affected: C, L, K

**11 LEG PRESS**

Sit on the seat and place your feet on the floor. Hold the handles with your hands. Do not hold your legs until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: M, L, M, K

**12 LEG EXTENSION**

Sit on the seat and position your feet under the pads on the leg extension. Place your arms straight and your hands resting on the floor. Return to the starting position.

Muscles affected: L, K

**13 LEG CURL**

Stand with the back of one leg resting against one of the pads on the leg curl. Hold the leg behind your knee. Return to the starting position. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your arms straight and your feet flat on your toes. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: B, K

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor cables. Hold the bar with an overhand grip. Extend your arms straight and your hands resting on the pads. Return to the starting position.

Muscles affected: B, P, K, M

**17 LAT PULL-DOWN**

Adjust the seat so the floor is parallel to the floor. Hold the handles, extend your arms and hold the ends of the bar with your hands. Do not use your toes. Return to the starting position.

Muscles affected: C, K, P, M

**18 TRICEPS EXTENSION**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your arms straight and your feet flat on your toes. Return to the starting position.

Muscles affected: B, K

**19 CROSSOVER FLY**

Adjust the handles to the center. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: B, L, K, M

**20 BACK EXTENSION**

Adjust the seat so the floor is parallel to the floor. Hold the bar with an overhand grip. Extend your arms straight and your hands resting on the pads. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Adjust the bar so it is at the floor cables. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: L, M, T, K, M

**22 SHOE SWING**

Adjust the bar so it is at the floor cables. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: C, L, M

**23 SHOULDER SHRUG**

Adjust the bar so it is at the floor cables. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: L, C, P

**24 OVERHEAD EXTENSION**

Adjust the bar so it is at the floor cables. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Adjust the handles so the floor is parallel to the floor. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: C, M

**26 FRONT RICKE**

Adjust the pulley strap so the floor cables stand up straight and your arms are straight. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: P, C, M, P

**27 REEL ROCK**

Adjust the pulley strap so the floor cables stand up straight and your arms are straight. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: M, M, M

**28 HIP ADDUCTION**

Adjust the pulley strap so the floor cables stand up straight and your arms are straight. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTOR**

Adjust the pulley strap so the floor cables stand up straight and your arms are straight. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: D, M

**30 STEAMING CURL**

Adjust the pulley strap so the floor cables stand up straight and your arms are straight. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position. Do every two seconds. Hold the bar with your arms straight and your feet flat on the floor. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Adjust the bar so it is at the floor cables. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: L, C, D, C

**32 BENT LATERAL RAISE**

Adjust the bar so it is at the floor cables. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: L, C, D, C

**33 FRONT RAISE**

Adjust the bar so it is at the floor cables. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

Muscles affected: L, P, M

**34 UPRIGHT ROW**

Adjust the bar so it is at the floor cables. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

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

**35 BENT ROW**

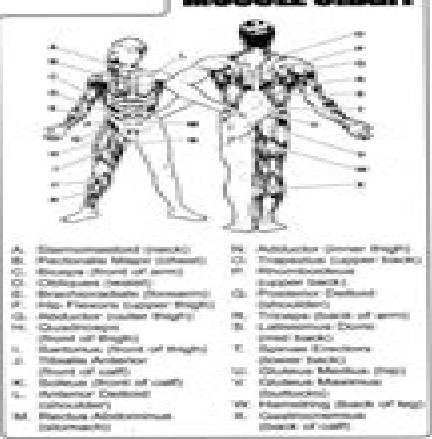
Adjust the bar so it is at the floor cables. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

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

**36 SQUAT ROW**

Adjust the squat bar so the floor cables stand up straight and your arms are straight. Hold the handles with your arms straight and your feet flat on the floor. Do not use your toes. Return to the starting position.

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

**MUSCLE CHART**

- 1. Deltoid (lateral head)
- 2. Deltoid (middle head)
- 3. Deltoid (posterior head)
- 4. Rectus (abdominis)
- 5. Rectus (hip flexor)
- 6. Rectus (hip extensor)
- 7. Rectus (posterior)
- 8. Rectus (inner thigh)
- 9. Rectus (outer thigh)
- 10. Rectus (posterior thigh)
- 11. Rectus (posterior hip)
- 12. Rectus (posterior knee)
- 13. Adductor (inner thigh)
- 14. Adductor (outer thigh)
- 15. Adductor (posterior)
- 16. Adductor (posterior thigh)
- 17. Adductor (posterior knee)
- 18. Adductor (posterior hip)
- 19. Adductor (posterior knee)
- 20. Adductor (posterior hip)
- 21. Adductor (inner thigh)
- 22. Adductor (outer thigh)
- 23. Adductor (posterior)
- 24. Adductor (posterior thigh)
- 25. Adductor (posterior knee)
- 26. Adductor (posterior hip)
- 27. Gluteus (maximus)
- 28. Gluteus (medius)
- 29. Gluteus (minimus)
- 30. Gluteus (posterior)
- 31. Gluteus (inner thigh)
- 32. Gluteus (outer thigh)
- 33. Gluteus (posterior)
- 34. Gluteus (posterior thigh)
- 35. Gluteus (posterior knee)
- 36. Gluteus (posterior hip)
- 37. Gluteus (posterior knee)
- 38. Gluteus (posterior hip)
- 39. Biceps (biceps brachii)
- 40. Biceps (brachialis)
- 41. Biceps (posterior)
- 42. Biceps (inner arm)
- 43. Biceps (outer arm)
- 44. Biceps (posterior arm)
- 45. Biceps (posterior)
- 46. Biceps (inner thigh)
- 47. Biceps (outer thigh)
- 48. Biceps (posterior)
- 49. Biceps (posterior thigh)
- 50. Biceps (posterior knee)
- 51. Biceps (posterior hip)
- 52. Biceps (posterior knee)
- 53. Biceps (posterior hip)
- 54. Triceps (triceps brachii)
- 55. Triceps (anconeus)
- 56. Triceps (posterior)
- 57. Triceps (inner arm)
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Weider Weight System Exercise Guide

Philip Mazzurco

Weider Weight System Exercise Guide:

Bullet Proof Guide For: Bodybuilding, Fitness, Exercise, Supplementation, Diet, Training, & Mechanics Tom Mione,2020-08-01 This is a complete guide that will walk you through step by step how to achieve the ultimate body that you desire You will be brought through how your body responds to each and every single muscle activating mechanic so you can generate the most amount of muscle hypertrophy We examine all forms of exercise from power resistance what splits to incorporate what targets the deepest rips into the muscle fibers You will learn how to define the perfect workout as well as how to supplement the right way The supplement market is flooded with misinformation and false promises We break down all protein sources supplements and drinks so you know what to put in your body when how much and why If you're looking to stand on stages one day or just trim down some extra body fat you will be taken through how the body works to achieve and maximize any result goal you have instore If you're already an advanced lifter and want to gain a competitive edge we have you covered If you're just starting out or just want to improve your strength size and confidence we have you covered

The Weider Body Book Betty Weider,Joe Weider,1984 Bodybuilding for women Jim Kepner **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 **The Edge** Ben Weider,Joe Weider,Daniel Gastelu,2003 The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight training **Bowker's Complete Video Directory** ,2000 Dr. Gallagher's Guide to 21st Century Medicine Atlas Publishing Company,Martin P. Gallagher,1997-08 **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 **McCall's** ,1976-04 *The Publishers Weekly* ,1996

Subject Guide to Books in Print ,2001 Muscle, Smoke & Mirrors Randy Roach,2008 The research for this extensive two volume project represents a comprehensive effort to establish a complete context from which the sport of bodybuilding arose Muscle Smoke but also to the most elite of athletes Whether you are a novice an elite bodybuilder or simply sports nutrition minded learn how the emerging forces of the Iron Game evolved Ultimately the factions of this industry would grow powerful and manipulative while fighting for control over the Game It took the running of several parallel histories on bodybuilding nutrition supplements and the role of drugs to offer a complete first time unraveling of the web of confusion and politics that still permeates the sport into the 21st century Volume I of Muscle Smoke Mirrors is truly the untold stories surrounding Bodybuilding's Amazing Nutritional Origins **Exerstyle** Philip Mazzurco,1985 Permanent Habit Control Brian Grodner,David B. Reid,2010-01-18 Grodner and Reid present the first professional book that attempts to permanently change health behaviors using Ericksonian Hypnotherapy This book provides mental health professionals with a practical

resource that will help them initiate permanent habit change in their clients lives Hypnotherapy has been proven to help people break poor eating habits quit smoking reduce alcohol and drug consumption and manage stress The book provides eclectic and innovative behavioral and naturalistic interventions that can be individually tailored to help clients regain control of their lives The authors offer specific strategies processes metaphors images reframing techniques task assignments and other innovative techniques for managing unwanted habits beginning with the initial client contact and continuing through relapse prevention and follow up reinforcement sessions Assists practitioners in helping clients understand and access their internal resources to help them initiate permanent habit control Demonstrates how to employ the Enneagram a profound psychological and spiritual tool for understanding the self and offering pragmatic insight to initiate behavioral changes Presents case histories from the authors own clinical work to illustrate the interventions in practical and strategic ways Includes end of chapter activities to improve skills such as generating individualized treatment plans and conducting personality assessments Hypnotherapy serves as a less expensive alternative approach for improving the quality of life and helping people adopt healthier lifestyles through behavioral change

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