

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Raise your arms 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. Keeping your back straight, 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. 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 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 back to go round. 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. Stand with your legs as shown. Do not allow your back to go round. 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. Stand with your legs as shown. Do not allow your back to go round. 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. Stand with your back straight. Return to the starting position.

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

9 PULL-UP

Attach the pull-up handles as shown. Lower your body until your arms are straight. Stand with your back straight. Return to the starting position.

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

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. Stand with your back straight. 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. Press the foot pedal up and down. Fully extend your legs. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, H, R

12 LEG EXTENSION

Set on the seat and position your feet under the pads on the leg lever. Raise 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. Raise 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. Hold the ab straps over your shoulders. Lie on your back. Bend your knees and lift your head and shoulders. 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. Keep your arms straight. Press down. Return to the starting position.

Muscles affected: B, R

16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Stand with your back to the system. Hold the lat bar with an overhand grip. Push the lat bar down. Return to the starting position.

Muscles affected: B, R, R, B

17 LAT PULL-DOWN

Attach the lat bar to the high cable. Stand with your back to the system. Hold the lat bar with an overhand grip. Pull the lat bar down. Return to the starting position.

Muscles affected: C, B, R, B

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 straight. Stand with your back straight. Return to the starting position.

Muscles affected: B, R

19 CROSSOVER FLY

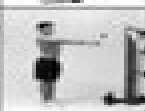
Attach the handles to the cables. Stand with your back to the system. Hold the handles with your arms straight. Fly your arms out to the sides. Return to the starting position.

Muscles affected: B, L, Q, B

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. Stand with 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. Stand with your back straight and your feet as shown. 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. Bend your torso to the side as far as possible. 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 straight and hold the lat bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders. 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. Extend your arm straight, lifting the handle over your head. Return to the starting position.

Muscles affected: B, B

25 ISOLATION CURL

Attach a handle to the low cable. Stand with your arms straight and hold the handle with an overhand grip. Keep your arms at your sides. Curl the handle toward your chest. Return to the starting position.

Muscles affected: C, B

26 FRONT KICK

Attach the arms strap to the low cable. Stand with your back to the system. Kick your leg straight and hold it forward as shown. Return to the starting position.

Muscles affected: R, B, R, B

27 HEEL KICK

Attach the arms strap to the low cable. Stand with your back to the system. Kick your heel back as shown. Return to the starting position.

Muscles affected: C, B, W

28 HIP ADDUCTION

Attach the arms strap to the low cable. Stand sideways and hold the handle with an overhand grip. Adduct your legs. Return to the starting position.

Muscles affected: L, H

29 HIP ABDUCTION

Attach the arms strap to the low cable. Stand sideways and hold the handle with an overhand grip. Abduct your legs. Return to the starting position.

Muscles affected: B, W

30 BRANDING CURL

Attach the lat bar to the low cable. Stand with your back to the system. Hold the lat bar with an overhand grip. Bend your torso to the side as far as possible. 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. Raise the handle to the side until your arm 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. Stand with your arms straight and hold the handles with an overhand grip. Raise the handles to the side until your arm is level with your shoulder. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the lat bar to the low cable. Stand with your back to the system. Hold the lat bar with an overhand grip. Keep your arms straight. Raise the lat bar until your arm is level with your shoulder. Return to the starting position.

Muscles affected: L, R, Q

34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Stand with your back to the system. Row the curl bar up to your chest. 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. Stand with your arms straight and hold the handles with an overhand grip. Row the handles up to your chest. Return to the starting position.

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

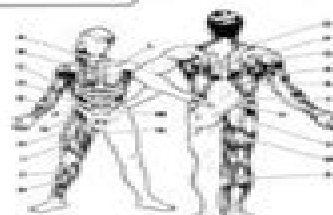
36 SEATED ROW

Attach the curl bar to the low cable. Set on the seat and hold the curl bar with an overhand grip. Pull the curl bar toward your chest and bend back. Return to the starting position.

Muscles affected: C, B, Q, P, Q, B, 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. Latissimus Dorsi (back of torso)
- O. Trapezius (upper back)
- P. Rhomboid (upper back)
- Q. Pectoralis Minor (chest)
- R. Serratus Anterior (side of torso)
- S. Gluteus Medius (hip)
- T. Gluteus Maximus (hip)
- U. Hamstring (back of leg)
- V. Gastrocnemius (back of calf)

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Rachel S Tattersall



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Table of Contents Weider Weight System Exercise Guide Video

1. Understanding the eBook Weider Weight System Exercise Guide Video
 - The Rise of Digital Reading Weider Weight System Exercise Guide Video
 - Advantages of eBooks Over Traditional Books
2. Identifying Weider Weight System Exercise Guide Video
 - 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 Weight System Exercise Guide Video
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weider Weight System Exercise Guide Video
 - Personalized Recommendations
 - Weider Weight System Exercise Guide Video User Reviews and Ratings
 - Weider Weight System Exercise Guide Video and Bestseller Lists
5. Accessing Weider Weight System Exercise Guide Video Free and Paid eBooks
 - Weider Weight System Exercise Guide Video Public Domain eBooks
 - Weider Weight System Exercise Guide Video eBook Subscription Services
 - Weider Weight System Exercise Guide Video Budget-Friendly Options

6. Navigating Weider Weight System Exercise Guide Video eBook Formats
 - ePub, PDF, MOBI, and More
 - Weider Weight System Exercise Guide Video Compatibility with Devices
 - Weider Weight System Exercise Guide Video Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weider Weight System Exercise Guide Video
 - Highlighting and Note-Taking Weider Weight System Exercise Guide Video
 - Interactive Elements Weider Weight System Exercise Guide Video
8. Staying Engaged with Weider Weight System Exercise Guide Video
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weider Weight System Exercise Guide Video
9. Balancing eBooks and Physical Books Weider Weight System Exercise Guide Video
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weider Weight System Exercise Guide Video
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Weider Weight System Exercise Guide Video
 - Setting Reading Goals Weider Weight System Exercise Guide Video
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Weider Weight System Exercise Guide Video
 - Fact-Checking eBook Content of Weider Weight System Exercise Guide Video
 - 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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