

## 1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Press your elbows out to the sides until they are straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M



## 2 MILITARY PRESS

Stand on the system as described for the exercise. Set on the seat and grasp the arms with an overhand grip. Keeping your back straight, raise your arms until they are straight. Return to the starting position.

Muscles affected: L, Q, R



## 3 BUTTERFLY

Set on the seat and place your arms on the handles. Bend your knees and lean forward. Bend your back and lean back. Return to the starting position.

Muscles affected: B, L



## 4 CALF RAISE

Hold the handles with an overhand grip. Raise your arms at your sides and lean up on your heels. Return to the starting position.

Muscles affected: K, E



## 5 SQUAT

Hold the handles with an overhand grip and straighten your legs. Bend your knees and lean on your heels until your arms are straight. Return to the starting position.

Muscles affected: H, L, M



## 6 ALTERNATE LEG RAISE

Place the left arm on the seat back to brace the right arm with your hand to brace the left arm. Bend your knees and lean on your heels until your arms are straight. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, E, M



## 7 VERTICAL KNEE RAISE

Place the left arm on the seat back to brace the right arm. Bend your knees and lean on your heels until your arms are straight. Return to the starting position.

Muscles affected: E, M



## 8 ASSISTED DIP

Grab the overhead weight holding. Grasp the handles with your arms straight. Bend your knees and lean on your heels. Return to the starting position.

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



## 9 PULL-UP

Grab the overhead handles on wheels. Lower your body until your arms are straight. Straighten your body and pull yourself up. Return to the starting position.

Muscles affected: C, E, S, R, E



## 10 PREACHER CURL

Set on the seat and hold your arms on the seat back. Hold the seat back and push your arms straight. Bend your knees and lean on your heels. Return to the starting position.

Muscles affected: C, E



## 11 LEG PRESS

Set on the seat and place your feet on the press plate as shown. Press feet forward until your knees are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, M, E



## 12 LEG EXTENSION

Set 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: M



## 13 LEG CURL

Stand with the back of one leg resting on the seat and the heel of the other leg on the seat. Bend the leg until the heel is on the seat. Return to the starting position.

Muscles affected: M



## 14 AB CRUNCH

Adjust the sit strap to the sit cable. Place the sit straps over your shoulders and feet. Resting your feet straight.

Muscles affected: M



## 15 TRICEPS PRESS DOWN

Adjust the sit bar to the high cable. Facing the system, hold the sit bar with an overhand grip. Bend your arms until they are straight. Return to the starting position.

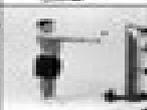
Muscles affected: E, M



## 16 STIFF ARM PUSHDOWN

Connect the sit bar to the high cable. Hold the sit bar with an overhand grip. Your hands should be straight apart. Bend your arms until they are straight. Return to the starting position.

Muscles affected: E, M, R, E



## 17 LAT PULL-DOWN

Adjust the sit bar to the high cable. Be facing the system, extend your arms straight and hold the cables. Lift your arms until they are straight. Return to the starting position.

Muscles affected: C, E, R, E



## 18 TRICEPS EXTENSION

Adjust the sit bar to the high cable. Set on the seat and hold the sit bar above your head with your elbows fully extended. Bend your arms until they are straight. Return to the starting position.

Muscles affected: E, M



## 19 CROSSOVER FLY

Stand on the system and hold the handles on wheels. Bend your knees and lean on your heels. Return to the starting position.

Muscles affected: B, L, S, E



## 20 BACK EXTENSION

Adjust the sit bar to the low cable. Set on the seat and hold the sit bar against your chest as shown. Keep your back straight and bend back at your knees. Return to the starting position.

Muscles affected: T



## 21 DEAD LIFT

Adjust the sit bar to the low cable. Bend your knees and hold the sit bar with an overhand grip until your legs are straight. Bend your knees and lean on your heels. Return to the starting position.

Muscles affected: E, H, T, E, M



## 22 SIDE BEND

Hold the handles to the low cable. Stand sideways and bend forward. Bend your arms and hold the handles until your arms are straight. Return to the starting position.

Muscles affected: C, E, M



## 23 SHOULDER SBRUG

Adjust the sit bar to the low cable. Bend your knees and hold the sit bar with an overhand grip. Bend your arms until they are straight. Return to the starting position.

Muscles affected: E, Q, P



## 24 OVERHEAD EXTENSION

Adjust a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Bend your arms until they are straight. Return to the starting position.

Muscles affected: E, E



## 25 ISOLATION CURL

Adjust a handle to the low cable. Extend your arms straight and hold the sit bar with an overhand grip. Bend your arms until they are straight. Return to the starting position.

Muscles affected: C, E



## 26 FRONT KICK

Adjust the sit bar to the low cable. Bend your knees and hold the sit bar with an overhand grip. Push the sit bar forward until your legs are straight. Return to the starting position.

Muscles affected: K, E, M, E



## 27 HEEL KICK

Adjust the sit bar to the low cable. Bend your knees and hold the sit bar with an overhand grip. Push the sit bar forward until your legs are straight. Return to the starting position.

Muscles affected: C, E, M



## 28 HIP ADDUCTION

Adjust the sit bar to the low cable. Stand sideways and extend your arms straight. Bend your knees and lean on your heels. Return to the starting position.

Muscles affected: L, E



## 29 HIP ABDUCTION

Adjust the sit bar to the low cable. Stand sideways and extend your arms straight. Bend your knees and lean on your heels. Return to the starting position.

Muscles affected: S, M



## 30 BRANDING CURL

Adjust the sit bar to the low cable. Set on the seat and hold the sit bar with an overhand grip. Bend your arms until they are straight. Return to the starting position.

Muscles affected: C, E



## 31 LATERAL RAISE

Adjust a handle to the low cable. Stand sideways and extend your arms straight. Bend your knees and lean on your heels. Return to the starting position.

Muscles affected: L, Q, Q



## 32 BENT LATERAL RAISE

Adjust the handles to the low cable. Stand sideways and bend forward. Bend your arms and hold the handles until your arms are straight. Return to the starting position.

Muscles affected: C, Q



## 33 FRONT RAISE

Adjust the sit bar to the low cable. Extend your arms straight and hold the sit bar with an overhand grip. Bend your arms until they are straight. Return to the starting position.

Muscles affected: L, P, Q



## 34 UPRIGHT ROW

Adjust the sit bar to the low cable. Hold the sit bar with an overhand grip. Bend your arms until they are straight. Return to the starting position.

Muscles affected: C, E, L, Q, P, Q



## 35 BENT ROW

Adjust the handles to the low cable. Stand sideways and bend forward. Bend your arms and hold the handles until your arms are straight. Return to the starting position.

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



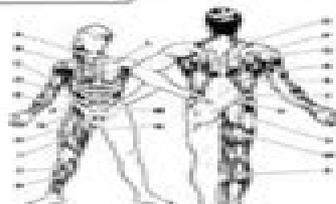
## 36 SEATED ROW

Adjust the sit bar to the low cable. Set on the seat and hold the sit bar with an overhand grip. Push the sit bar forward until your legs are straight. Return to the starting position.

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



## MUSCLE CHART



- |                               |                            |
|-------------------------------|----------------------------|
| A. Deltoid (neck)             | N. Adductor (inner thigh)  |
| B. Pectoralis Major (chest)   | O. Trapezius (upper back)  |
| C. Biceps (front of arm)      | P. Quadriceps              |
| D. Triceps (back of arm)      | Q. Pectoralis (chest)      |
| E. Brachioradialis (forearm)  | R. Iliopsoas               |
| F. Hip Flexors (upper thigh)  | S. Latissimus Dorsi        |
| G. Adductor (outer thigh)     | T. Hamstring               |
| H. Quadriceps                 | U. Soleus (back of foot)   |
| I. Hamstring                  | V. Gastrocnemius           |
| J. Soleus (back of foot)      | W. Hamstring (back of leg) |
| K. Gastrocnemius              | X. Gastrocnemius           |
| L. Hamstring                  | Y. Gastrocnemius           |
| M. Rectus Abdominus (abdomen) | Z. Gastrocnemius           |

# Weider Weight System Exercise Guide Video

**Rachel S Tattersall**



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