

# WEIDER

# WEIGHT SYSTEM EXERCISE GUIDE

## 1 BENCH PRESS

Set on the seat and hold the handles with an overhead grip. Press your arms straight up over your head. Return to the starting position.

Muscles affected: B, L, R

## 2 MILITARY PRESS

Attach the system (as required for the exercise). Set on the seat and grasp the arms with an overhead 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 overhead grip. Keep your arms at your sides and rise up on your heels. Return to the starting position.

Muscles affected: K, R

## 5 SQUAT

Hold the handles with an overhead grip and straighten your legs. Slowly bend your legs as shown. Do not allow your feet to move. Return to the starting position.

Muscles affected: H, L, V, W

## 6 ALTERNATE LEG RAISE

Attach the seat with an overhead grip. Hold the handles with an overhead grip. Lift one leg at a time. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, L, W

## 7 VERTICAL KNEE RAISE

Attach the seat with an overhead grip. Hold the handles with an overhead grip. Lift your legs as high as they will go. Return to the starting position.

Muscles affected: H, W

## 8 ASSISTED DIP

Grab the desired weight holding. Grasp the 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

Attach 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, P, S, T

## 10 PREACHER CURL

Set on the seat and rest your arms on the preacher pad. Hold the bar with an overhead grip and extend your arms. Slowly curl the bar toward your chest. 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 forward until your legs are fully extended. Do not lock 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 tower. Press the leg tower 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 tower. Press the leg tower by bending your legs as shown. 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. Crunch forward, rounding your back straight.

Muscles affected: H

## 15 TRICEPS PRESS DOWN

Attach the bar to the high cable. Facing the system, hold the bar with an overhead grip. Keep your arms straight. Press down. Return to the starting position.

Muscles affected: S, R

## 16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Attach the bar with an overhead grip. Your hands should be shoulder width apart. Push the bar straight down. Return to the starting position.

Muscles affected: S, R, R, S

## 17 LAT PULL-DOWN

Attach the bar to the high cable. Set the system, extend your arms up, and hold the ends of the bar with an overhead grip. Pull the bar down to level of your face. Return to the starting position.

Muscles affected: C, E, R, S

## 18 TRICEPS EXTENSION

Attach the bar to the high cable. Set on the seat and hold the bar above your head with your elbows bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: S, R

## 19 CROSSOVER FLY

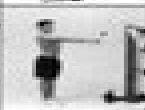
Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, S

## 20 BACK EXTENSION

Attach the bar to the low cable. Set on the seat and hold the bar with an overhead grip. Keep your back straight and bend back at the hips. Return to the starting position.

Muscles affected: T



## 21 DEAD LIFT

Attach the bar to the low cable. Bend your knees and hold the bar with an overhead grip. Keep your back straight, and your feet up. Return to the starting position.

Muscles affected: S, H, T, R, W

## 22 SIDE BEND

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

Muscles affected: C, E, R

## 23 SHOULDER SHRUG

Attach the bar to the low cable. Extend your arms straight and hold the bar with an overhead grip. Keep your arms at your sides. Shrug your shoulders up. Return to the starting position.

Muscles affected: S, Q, P

## 24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhead grip. Extend your arm back, lifting the handle over your head. Return to the starting position.

Muscles affected: S, R

## 25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm straight and hold the handle with an overhead 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 arms strap to the low cable. Stand with your feet shoulder width apart. Kick your leg straight and move it forward as shown. Return to the starting position.

Muscles affected: H, S, R, T

## 27 HEEL KICK

Attach the arms strap to the low cable. Stand with your feet shoulder width apart. Kick your leg back as shown. Return to the starting position.

Muscles affected: C, S, W

## 28 HIP ADDUCTION

Attach the arms strap to the low cable. Stand sideways and extend your inside leg into the arms strap. Keep your arms and legs straight. Return to the starting position.

Muscles affected: L, H

## 29 HIP ABDUCTION

Attach the arms strap to the low cable. Stand sideways and extend your outside leg into the arms strap. Keep your arms and legs straight. Return to the starting position.

Muscles affected: S, W

## 30 STRANDING CURL

Attach the bar to the low cable. Stand with your feet shoulder width apart and hold the bar with an overhead grip. Keep your arms at your sides and pull the bar toward your chest. Return to the starting position.

Muscles affected: C, E



## 31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm forward and over your head. 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 other arm bent. Return the handle to the side and your hand is level with your shoulder. Return to the starting position.

Muscles affected: C, Q

## 33 FRONT RAISE

Attach the bar to the low cable. Extend your arms straight and hold the bar with an overhead grip. Keep your arms straight, raise the bar to level with your shoulder. Return to the starting position.

Muscles affected: L, R, Q

## 34 UPRIGHT ROW

Attach the bar to the low cable. Hold the bar with an overhead grip. Lift the bar up to your chest. Return to the starting position.

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

## 35 BENT ROW

Attach the handles to the low cable. Stand sideways, extend your arms, and bend the handle with an overhead grip. Keep your back straight and pull the handles toward your chest. Return to the starting position.

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

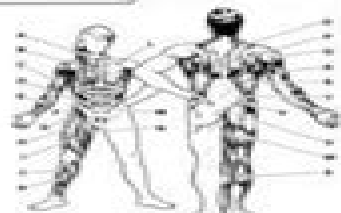
## 36 SEATED ROW

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

Muscles affected: C, E, S, 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. Latissimus (back of arm)     |
| E. Brachioradialis (forearm)    | R. Pectoralis (outer chest)     |
| F. Hip Flexors (upper thigh)    | S. Quadriceps (front of thigh)  |
| G. Hamstrings (inner thigh)     | T. Gastrocnemius (back of calf) |
| H. Quadriceps (front of thigh)  | U. Soleus (back of calf)        |
| I. Gastrocnemius (back of calf) | V. Soleus (back of calf)        |
| J. Soleus (back of calf)        | W. Gluteus Medius (hip)         |
| K. Soleus (back of calf)        | X. Gluteus Maximus (hip)        |
| L. Soleus (back of calf)        | Y. Hamstring (back of leg)      |
| M. Rectus Abdominus (abdomen)   | Z. Gastrocnemius (back of calf) |

# Weider Home Gym Exercise Guide 8515

**Dale L Roberts**



## **Weider Home Gym Exercise Guide 8515:**

[Chemist & Druggist Directory and Tablet & Capsule Identification Guide](#) ,1994      [American Manufacturers Directory](#) ,1998      [SRDS Consumer Magazine Advertising Source](#) ,1998-05      [D&B Reference Book of Corporate Managements](#) ,2008      *The Home Workout Plan for Beginners* Dale L Roberts,2019-02-06

Workout at Home with this Exercise Program for Beginners Are you ready to finally start working out but don't know where to begin Wouldn't it be nice to get a simple exercise program you can do from the comforts of your home Then *The Home Workout Plan for Beginners* has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources *The Home Workout Plan for Beginners* gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In *The Home Workout Plan for Beginners* you'll discover Why you don't have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don't have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results ASAP Stop hoping to get results by blindly searching online for answers Get the right information on the best steps for a beginner's home workout plan right NOW Get Your Copy and Start Your NEW At Home Workout Routine TODAY      [Home Fitness Regimen Training Guide](#) Shawn Burke,2021-01-17 Do you want an easy and affordable option for your daily fitness schedule If you think maintaining fitness starts and stops at the gym you need to think again While going to those establishments is all well and good they're not the be all and end all when it comes to keeping physically at times even mentally fit Sure they have the fancy equipment the trainers who can keep you on track and other amenities to make working out a luxurious experience But at the end of the day what's most important is you and how you feel And you can keep fit just as well at home as you do in any gym Finding Time For Fitness Is Never Easy But Home Training Could Provide The Answer From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house at home workouts could be the key to your fitness Discover How To Incorporate Home Fitness Programs In Your Daily Routine To Lose Weight Get Fit And Look Good Right From The Comfort Of Your Home So here's what you are going to discover in this Advanced Home Fitness Regimen Info Course A General Overview About Home Fitness Regimens Find Out How To Create Your Awesome Home Gym Explore How Muscle Growth Works Discover Everything About Using Intensity Techniques to Unlock Your Full Potential Find Out About Training Your Legs At Home Know Everything About Bodyweight Training and How to Learn Incredible Beast Moves Find Out About Introducing Cardio and Weight Loss Discover The Last Piece of the Puzzle Diet Find Out All About The Benefits of Staying Fit Discover All About Doing It For Yourself And So Much More Finding Time For Fitness Is Never Easy But Home Training Could Provide The Answer From assembling a few pieces of basic

training equipment to setting up a complete gym in a room in your house at home workouts could be the key to your fitness Home Fitness entails exactly what it implies executing your personal fitness routine while at home using a variety of different techniques Home fitness has been in our lives for decades and it's taken on a new role since the Covid 19 pandemic closed gyms around the world Whether it's a yoga class on Zoom or panic buying a Peloton many of us are trying to find ways to exercise effectively within four walls Whether you are looking to improve your cardiovascular system lose weight gain lean muscle mass or just stay active in home training has a place in your life And the benefits of staying fit are no secret Improvements in cardiovascular and respiratory health better regulation of blood sugar the potential to reduce or eliminate prescription medications such as for diabetes or blood pressure weight loss reduction in cancer risk and improved musculoskeletal strength are some of the better known But when you're working out at home you're responsible for the whole plan What exercises should you do How many reps of each How often should you rest Are you feeling a cardio workout An upper body workout Or do you want to fit in a total body workout instead For many of us answering all these questions is an added stress we'd rather avoid right now And the good news is that's something you can avoid without skipping your workout We are about to show you an immaculate at home workout program that takes the guesswork out for you and will give you the whole exercise plan

*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

*The Beginner's Home Workout Plan* Dale L. Roberts, 2016-06-13 Are you ready to finally begin working out but don't know where to start Wouldn't it be nice to get a simple exercise program you can do anywhere and at any time Then The Beginner's Home Workout Plan has exactly what you need without all the extra filler The #1 Best Selling Fitness Author Dale L Roberts put together the best first step for anyone new to fitness Stop fooling around with stupid fad diets trendy workout programs or shaky theories that don't have a leg to stand on You need sound advice on the fundamentals of working out with credible resources and proven results The Beginner's Home Workout Plan gives everything you need to start your new healthy lifestyle on the right foot and continue on to even better health and fitness In The Beginner's Home Workout Plan you'll discover Why beginners don't have to kill themselves for impressive results How short hit and split exercise programs work best What the simple exercises that are missing from most workout plans How less workout equipment equals less stress Fun yet powerful workouts to bring out the best in the beginner Appropriate home workouts for both men and women Hundreds of detailed images of exercise demonstrations Brief yet easy to understand instructions Over 90 days of exercise programs to keep you going for months to come Learn how to lose weight fast naturally without dieting and keep it off Easily modifiable workouts to use anywhere at any time The perfect health and fitness guide for weight loss All in a short book so you can read it quickly exercise right away and see results ASAP And so much more Stop hoping you get the right results by blindly searching the web for answers Get

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**The Home Gym** Michael Lafavore, 1984-01-01 Describes the features of more than 150 barbells trampolines rowing machines stationary bicycles weight benches and other home exercise equipment

**The 90-Day Home Workout Plan** Dale L. Roberts, 2018-12-05 Are you looking for simple home workout routines for men Do you want to know how to build muscle and lose fat forever Then The 90 Day Home Workout Plan is for you Get time tested and proven home workouts for men that'll get you burning fat building muscle and feeling great in no time With over 3 months of workout routines you'll get on track and stay on track for good

**Home Fitness** Suzanne Falaschetti, 2003-12 Exercise physiologist and wellness expert Suzanne Falaschetti presents sound advice on how to design and implement a home exercise plan Falaschetti guides the reader step by step as they prepare for exercise design a workout plan and select safe and appropriate exercise equipment Includes logical easy to follow exercises and workouts in sensible progressions that are suitable for beginners and advanced exercisers alike The book offers chapters on preparing for exercise personal workout plans a shopping guide to home gym equipment with specific information on cardiovascular and strength training equipment and much more

*The Ultimate Exercise Guide* Nicolas Andreou, 2025-01-30 The Ultimate Exercise Guide Back Edition 120 How to Instructions for Home and Gym Are you ready to build and strengthen your Abdominals with a comprehensive easy to follow guide Look no further than The Ultimate Exercise Guide Back Edition your essential resource for mastering 120 targeted back exercises designed for home workouts and gym sessions Whether you're a beginner intermediate or advanced fitness enthusiast this book will help you sculpt a powerful back with expert guidance and visual support What Makes This Guide Stand Out 120 Back Exercises A wide range of exercises that target your back and trapezius from every angle ensuring complete muscle activation for optimal results Includes Bodyweight Machines Suspension Trainer Resistance Bands Dumbbells Barbell exercises and more Step by Step Instructions Detailed how to instructions for every exercise eliminating guesswork and ensuring you perform each move correctly High Quality 3D Illustrations Visualize your exercises with state of the art 3D illustrations clearly demonstrating form and muscle engagement QR Codes for Video Demonstrations Get access to exercise animation videos by scanning QR codes included with each exercise offering you real time demonstrations and extra visual support For Home or Gym Whether you're working out at home with minimal equipment or hitting the gym this guide covers bodyweight free weights resistance bands and machine exercises For All Fitness Levels Discover a range of exercises perfect for both beginners and advanced athletes No matter your level there's something for you Why Choose The Ultimate Exercise Guide Back Edition Build Strength it's your ultimate resource for building muscle improving strength and enhancing your fitness journey Don't miss out this guide is a must have for anyone serious about training their back

**Home Workouts** A. G. Scott, 2020-10-12 How to tone and sculpt your body even if you hate cardio or have never stepped inside a gym and don't plan on doing so At one point or another we've all told

ourselves I m going to sign up for a gym membership and really do it this time or I swear I ll do my workout later on tonight We all know the benefits of exercise It improves our physical and mental health gives us more energy and boosts our self image So why is it so hard to start an exercise regimen and even harder to stick to it Despite our best intentions life gets in the way and there always seems to be an obstacle stopping us from actively trying to live healthier Whatever the reason continuing to live a sedentary lifestyle isn t doing you any favors In fact physical inactivity is the 4th leading risk factor for global mortality and is a strong predictor for weight gain cardiovascular disease and other chronic conditions Does this mean that you have to make drastic lifestyle changes to start improving your health mentally and physically Or that you need to give up time doing what you love just so you can spend hours in the gym Not at all I ll let you in on a secret that the fitness industry doesn t want you to know You don t need fancy equipment or expensive trainers to sculpt the body that up until now you ve only imagined A G Scott knows firsthand the amazing results that can be achieved with home workouts and so he has put together the only exercise guide you ll ever need In Home Workouts Anyone Anytime Anywhere you will discover The six key elements every workout must have in order to make the most of your time and effort and how they will have you seeing results sooner than you would believe Exercises for every muscle group and fitness level with clear comprehensive instructions diagrams and variations so you re working your target areas every time The 1 upper body workout that will rapidly build your overall strength hint small adjustments make big changes How this engaging training method can help you burn more calories than traditional cardio and continue to burn calories even after your workout is finished The numerous benefits of dynamic stretching and how that one simple habit not only warms up your muscles but also improves your balance and coordination over time Meal plans that can be adapted for any lifestyle so you can create a plan that meets your personal needs and preferences The most common mistakes people make without realising and how these can hold you back from achieving incredible results And much more With the demands and responsibilities of everyday life you shouldn t have to sacrifice precious hours every week going to the gym to build the body you ve always wanted The key to transforming your life is having a workout routine that works for you not against you This is a plan that will adjust to match your needs and experience no matter where you are It s time to leave the costly gym membership behind save money and allow yourself more time to enjoy life If you start today think how much better you will look and feel in a month If you want to start looking forward to exercise and commit to achieving the body of your dreams no strings attached then scroll up and click the Add to Cart button right now

**Ironman's Home Gym Handbook** Steve Holman,1990      **The Men's Health Home Workout Bible** Lou Schuler,Michael Mejia,2002 A comprehensive guide to effective strength training at home offers coverage of a range of fitness equipment and experience levels and provides consumer tips for expanding a home gym      [Training Notebook](#) Weider Publications, LLC,2002 At last the complete fully illustrated guide to weight training exercises based on the popular Muscle Fitness column Training Notebook Now all in one place 74 of the best exercises ever with step by step

directions for building a strong muscular physique This easy to follow format lets you choose from a variety of exercises for each bodypart from back and biceps to chest and calves You can now change up your training so you keep making gains while you hit your muscles from new angles every workout The Muscle Fitness Training Notebook provides detailed instruction on doing each movement correctly for maximum effectiveness and safety Special tips let you customize each exercise for your individual goals whether you want wider shoulders or stronger legs The training log lets you keep track of your sets reps and poundage along with your progress Color coded anatomy drawings show you the muscles in action with sports applications for each exercise listed Expand your exercise inventory with this essential guide The spiral bound format provides easy access for convenient use while you train

[Weight Training For Dummies](#) Liz Neporent,Suzanne Schlosberg,Shirley J. Archer,2006-03-06 A properly executed strength or weight lifting regimen can lower your blood pressure and cholesterol levels stabilize your blood sugar reduce the risk of heart disease increase your strength and more Weight Training For Dummies Third Edition is packed with all the information you need to start your own personalized weight training program and get yourself into peak condition fast You ll find out about Circuit and resistance training 20 minute weight training routines The newest and best weight training equipment Combining weight training with other exercise Gender differences in weight training goals and routines Specific approaches for baby boomers and seniors just starting out Using weight training to address specific health conditions Preventing injuries Weight training for children and teens If you re getting pumped about weight training don t delay Buy Weight Training for Dummies Third Edition today and you ll be in shape in no time

**Home Workout Exercises** Lawrence H Young,2021-04-04 55% off Bookstores Discounted retail price now of 19 95 instead of 26 95 Do you want to keep fit but don t have the time to go to the gym Your clients will never stop thanking you for making their lives healthier Thousands of People Love Fitness But Only a Few Do It Well At this time it is very easy to stay at home and continue eating and thus gaining weight and losing shape which is very bad for general health and body fitness It is therefore very important to keep fit by exercising at home even without the use of fitness equipment This guide will show you simple and effective exercises you can perform at home alone or in pairs to maintain body fitness and overall health allowing you to remain fit even without going to the gym Get yours today at this special launch price Buy it Now and let your customers get addicted to this amazing book

*One Minute to a Better Body* Muscle and Fitness,2003-03 If you have a minute you can improve how you train Using the easy to follow format of Muscle Elements of Your Workout Perfect Form Great Guns and a Six Pack Steel Wheels Heart Smarts Tools of the Trade Women in the Weight Room Whether you are a beginner or a professional you are sure to learn something to take your training to the next level

[The Ultimate Fitness & Workout Exercise Guide](#) NICOLAS. ANDREOU,2025-03-15 The Ultimate Fitness it s your ultimate resource for building muscle improving strength and enhancing your fitness journey Don t miss out this guide is a must have for anyone serious about training their shoulders

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