

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 weight setting. Grasp the handles with your arms extended and your knees resting on the pads as shown. Stand with your body as shown. 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. Stand with your feet as shown. 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. Stand with the bar over your head. 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 bar until your arms 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 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 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. Lie on your back, bending at your knees and keeping 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 overhand grip. Keep your arms straight and your back straight. Return to the starting position.

Muscles affected: B, R

16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Stand with your arms extended. Push the bar down until your arms are straight. Return to the starting position.

Muscles affected: B, R, R, S

17 LAT PULL-DOWN

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

Muscles affected: C, B, 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 arms straight. Bending your upper arm, slowly straighten your arms. Return to the starting position.

Muscles affected: B, R

19 CROSSOVER FLY

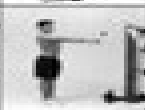
Attach the handles to the cables. Stand with your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, S, S

20 BACK EXTENSION

Attach the bar to the low cable. Set on the seat and hold the bar against your chest as shown. Bump 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. Stand with your feet and hold the bar with an overhand grip. Keep 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 back to the side as shown. Return to the starting position.

Muscles affected: C, B, W

23 SHOULDER SHRUG

Attach the bar to the low cable. Stand with your arms extended and hold the bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders up and down. 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 back, 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 extended and hold the handles with an overhand grip. Keep your arms at your sides. Curl the handles 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 arms extended and hold the bar with an overhand grip. Kick your leg straight and hold it forward as shown. Return to the starting position.

Muscles affected: R, B, R, S

27 HEEL KICK

Attach the arms strap to the low cable. Stand with your arms extended and hold the bar with an overhand grip. Kick your leg 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 bar with an overhand grip. Move your legs in and out. 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 bar with an overhand grip. Move your legs in and out. Return to the starting position.

Muscles affected: B, W

30 BRANDING CURL

Attach the bar to the low cable. Stand with your arms extended and hold the bar with an overhand grip. Keep your arms at your sides and pull the bar up over your head. Return to the starting position. To vary this exercise, use the bar with an overhand grip.

Muscles affected: C, B



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways and hold the bar with an overhand grip. Move your arms out to the side until your arms are level with your shoulders. 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, holding your arms straight and hold the bar with an overhand grip. Move your arms out to the side until your arms are level with your shoulders. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the bar to the low cable. Stand with your arms extended and hold the bar with an overhand grip. Keep your arms straight, raise the bar until your arms are level with your shoulders. Return to the starting position.

Muscles affected: L, R, Q

34 UPRIGHT ROW

Attach the bar to the low cable. Stand with your arms extended and hold the bar with an overhand grip. Pull the 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 forward, extend your arms, and hold the handles with an overhand grip. Keep your back straight and pull the handles toward your chest. Return to the starting position.

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

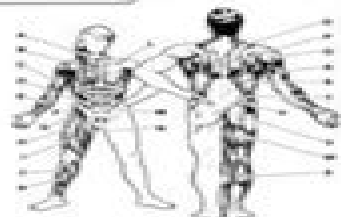
36 SEATED ROW

Attach the bar to the low cable. Set on the seat and hold the bar with an overhand grip. Pull the bar up to your chest and hold it there. 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. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboid (upper back)
- P. Latissimus (outer thigh)
- Q. Gluteus (back of butt)
- R. Gluteus Medius (hip)
- S. Gluteus Maximus (hip)
- T. Hamstring (back of leg)
- U. Gastrocnemius (back of calf)

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Shape ,1994 **US Black Engineer & IT** ,2000-07 *Subject Guide to Books in Print* ,1993 *Popular Science* ,1994-07 *Ad \$ Summary* ,2004 Advertising expenditure data across ten media consumer magazines Sunday magazines newspapers outdoor network television spot television syndicated television cable television network radio and national spot radio Lists brands alphabetically and shows total ten media expenditures media used parent company and PIB classification for each brand Also included in this report are industry class totals and rankings of the top 100 companies of the ten media

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