

# WEIDER

# WEIGHT SYSTEM EXERCISE GUIDE

## 1 BENCH PRESS

Set on the seat and hold the handles with an overhead grip. Push your arms straight up until your arms are straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, H

## 2 MILITARY PRESS

Adjust the system as required for the exercise. Sit 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, H

## 3 BUTTERFLY

Sit 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 as far as possible. Return to the starting position.

Muscles affected: K, H

## 5 SQUAT

Hold the handles with an overhead grip, and strengthen your legs. Slowly bend your legs as shown. Do not allow your knees to go past your toes. Return to the starting position.

Muscles affected: H, L, Q, H

## 6 ALTERNATE LEG RAISE

Adjust the chair seat with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Repeat raising your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, K, H

## 7 VERTICAL KNEE RAISE

Adjust the chair seat with your back to the system and your arms supporting your weight. Slowly raise your knees as high as they will go. Keep your feet on the floor. Return to the starting position.

Muscles affected: K, H

## 8 ASSISTED DIP

Grab the desired weight holding. Grasp the dip 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, B

## 9 PULL-UP

Adjust 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, B, Q, R, B

## 10 PREACHER CURL

Sit on the seat and rest your arms on the pads. Hold the bar with an overhead grip and extend your arms. Slowly curl the bar forward to your chest. Return to the starting position.

Muscles affected: B, B

## 11 LEG PRESS

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

Muscles affected: H, V, H, K

## 12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg/heel. Place 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 the end of the seat on the leg lever. Place the leg lever by bending your legs as shown. Return to the starting position.

Muscles affected: H

## 14 AB CRUNCH

Attach the ab straps to the ab cable. Hold the ab straps over your shoulders. Lean forward, rounding at your waist and keeping your back straight.

Muscles affected: H

## 15 TRICEPS PRESS DOWN

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

Muscles affected: B, B

## 16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Hold the lat bar with an overhead grip. Your hands should be shoulder width apart. With your arms straight, push the bar forward over your head. Return to the starting position.

Muscles affected: B, B, R, B

## 17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms up, and hold the ends of the lat bar with an overhead grip. Pull the bar down in front of your face. Return to the starting position.

Muscles affected: C, B, R, B

## 18 TRICEPS EXTENSION

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

Muscles affected: B, B

## 19 CROSSOVER FLY

Adjust 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, B

## 20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the floor and hold the bar against your chest as shown. Keep your back straight and bend back at your waist. Return to the starting position.

Muscles affected: T

## 21 DEAD LIFT

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

Muscles affected: B, H, T, V, H

## 22 SIDE BEND

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

Muscles affected: D, B, H

## 23 SHOULDER SHRUG

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

Muscles affected: C, 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 forward, 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. 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: B, B

## 26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your feet shoulder width apart. Kick your leg straight and hold it straight as shown. Return to the starting position.

Muscles affected: K, B, H, B

## 27 REEL KICK

Attach the ankle 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, V, H

## 28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and extend your inside leg out to the side. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: L, H

## 29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways and extend your outside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: B, B

## 30 STRAINGING CURL

Attach the lat bar to the low cable. Sit on the floor and hold the bar with an overhead grip. Keep your arms at your sides and pull the bar up toward your chest. Return to the starting position. To vary this exercise, hold the bar with an overhead grip.

Muscles affected: C, B

## 31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm straight out to the side until your hand 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, extend your arm downward, and hold the handle with your arm straight. Curl the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: Q, Q

## 33 FRONT RAISE

Attach the lat bar to the low cable. Extend both arms downward and hold the lat bar with an overhead grip. Keeping your arms straight, curl the lat bar up until your hand is level with your shoulder. Return to the starting position.

Muscles affected: L, P, Q

## 34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhead grip. Pull the curl bar 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 overhead grip. Bend your back forward and pull the handles toward your chest. Return to the starting position.

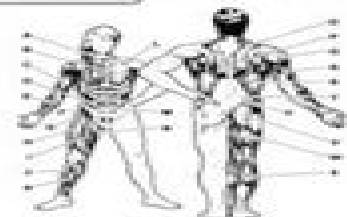
Muscles affected: C, B, Q, P, Q, B, T

## 36 SEATED ROW

Adjust the seat to the low cable. Sit on the floor and hold the bar with an overhead grip. Pull the bar to your chest. Return to the starting position.

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

## MUSCLE CHART



- |                                 |                                  |
|---------------------------------|----------------------------------|
| 1. Deltomastoid (neck)          | 12. Adductor (inner thigh)       |
| 2. Pectoralis Major (chest)     | 13. Trapezius (upper back)       |
| 3. Biceps (front of arm)        | 14. Rhomboides                   |
| 4. Triceps (back of arm)        | 15. Latissimus Dorsi             |
| 5. Brachioradialis (forearm)    | 16. Erector Spinae (lower back)  |
| 6. Hip Flexors (upper thigh)    | 17. Gluteus Medius (hip)         |
| 7. Adductor (inner thigh)       | 18. Gluteus Maximus              |
| 8. Quadriceps                   | 19. Hamstrings (back of leg)     |
| 9. Soleus (back of thigh)       | 20. Gastrocnemius (back of calf) |
| 10. Sartorius (front of thigh)  |                                  |
| 11. Sciatic Nerve (back of leg) |                                  |
| 12. Tibialis (front of calf)    |                                  |
| 13. Soleus (back of calf)       |                                  |
| 14. Peroneus (back of calf)     |                                  |
| 15. Rectus Abdominus (abdomen)  |                                  |

# Weight System Exercise Guide

**COMAP**



## **Weight System Exercise Guide:**

*The Everything Guide to Spices for Health* Michelle Robson-Garth,2016-01-08 A recipe and guide book for cooking with healthy spices      **For All Practical Purposes Student's Study Guide** COMAP,2006-01-13 Offers study tips and tools to help students gain a better understanding of course material New edition will also include study flashcards for further practice      *ACSM's Health/Fitness Facility Standards and Guidelines-5th Edition* American College of Sports

Medicine,Sanders, Mary,2019 ACSM s Health Fitness Facility Standards and Guidelines Fifth Edition presents the current standards and guidelines to help health and fitness establishments provide high quality service and program offerings in a safe environment Revised by an expert team of professionals with expertise in architecture health and wellness law safety related practices and policies and the health and fitness club industry this authoritative guide provides a blueprint for health and fitness facilities to elevate the standard of care they provide their members as well as enhance their exercise experience

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Hudson,2009-06-09 The highly popular pregnancy cookbook now bigger and better than ever **Diet & Exercise Guide** Mary Milo,1972 **A Manual of Practical Hygiene** Edmund Alexander Parkes,1883 **Manual of practical hygiene v. 2** Edmund Alexander Parkes,1883 *Bowker's Complete Video Directory* ,2000 **Myrtle Beach and the Grand Strand - Insiders' Guide** Kimberly Duncan,Lisa Tomer Rentz,2003-08 A comprehensive guide to this legendary resort community from golf courses and beaches to shopping and nightlife Whether planning a vacation or a permanent move this guide has it all **A Manual of Practical Hygiene Intended Especially for Medical Officers of the Army, and for Civil Medical Officers of Health** Edmund A. Parkes,1878 Coaches' Guide to Nutrition & Weight Control Patricia Eisenman,Dennis A. Johnson,1982 Abstract The latest scientific research on various nutrition and weight control principles and their practical application is presented in this reference for coaches and their athletes Step by step procedures are described for determining ideal weight i.e body composition appraisal skinfold measurement caliper method and recommendations are given for achieving changes in body weight and composition The functions food sources and athletes requirements for protein fat carbohydrate vitamins and minerals are reviewed The importance of maintaining proper water and electrolyte balance is emphasized and dangers associated with dehydration and sodium and potassium imbalance are discussed Guidelines are provided for both gaining and losing weight The principles of caloric balance nutritional guidelines for fat loss and a series of weight loss steps are outlined An overview of strength training examines the principles of resistive exercise and makes suggestions for designing basic strength training and calisthenic circuit training programs The principles of carbohydrate loading are explained and the three phase High Octane diet is presented including sample menus Appendices include 1 equations for predicting ideal body weight for football players and female gymnasts 2 caliper purchasing information 3 position statements by the American College of Sports Medicine on weight loss in wrestlers prevention of heat injuries during distance running and the use and abuse of anabolic androgenic steroids in sports 4 tables showing the nutrient content of foods and calories burned in various activities and 5 references on nutritionally sound weight control programs *Bulletin of the Rosenberg Library* Rosenberg Library,1910 Includes the library's annual reports for 1909

**The Publishers' Circular and Booksellers' Record** ,1909 **The Story of Greek Athletics as Told by the Greek and Roman Writers of More Than Twelve Centuries** Rachel L. Sargent,1927 **Spalding's Official Foot Ball Guide**

,1907     A Manual of Veterinary Hygiene Frederick Smith,1906

## Reviewing **Weight System Exercise Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Weight System Exercise Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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