

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PRESS

Place the feet and feet the handles with an overhand grip. Press your elbows as straight as possible and return to the starting position.

Muscles affected: D, L, B

2. MILITARY PRESS

Adjust the handles as required by the number of repetitions you wish to perform with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: L, B, B

3. BUTTERFLY

Place your feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, L

4. CALT RAISE

Place the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, L

5. SQUAT

Place the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, L, B, B

6. ALTERNATE LEG RAISE

Place the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, L, B

7. VERTICAL KNEE RAISE

Place the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B

8. ASSISTED DIP

Place the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B, B

9. TRICEPS

Place the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B, B

10. BICEPS CURL

Place the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B

11. LEG PRESS

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B, B

12. LEG EXTENSION

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B

13. LEG CURL

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B

14. AB CRUNCH

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B

16. STIFF ARM PUSHDOWN

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B, B

17. LAT PULL DOWN

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B, B

18. TRICEPS EXTENSION

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B

19. OVERSHOULDER FLX

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B, B

20. BACK EXTENSION

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B

21. DEAD LIFT

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B, B

22. SIDE BEND

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B

23. SHOULDER SHRUG

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B

24. ANKLE EXTENSION

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B

25. ISOLATION CURL

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B

26. FRONT KICK

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B, B

27. HEEL KICK

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B, B

28. HIP ADDUCTOR

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B

29. HIP ABDUCTOR

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B

30. CROTCH

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B

31. LATERAL RAISE

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: L, B, B

32. BENT LATERAL RAISE

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B

33. FRONT RAISE

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: L, B, B

34. UPRIGHT ROW

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B, B

35. BENT ROW

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

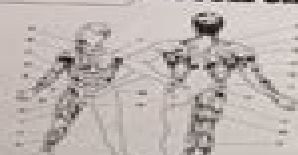
Muscles affected: B, B, B, B

36. SEATED ROW

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extends your arms. Return to the starting position.

Muscles affected: B, B, B, B

MUSCLE CHART



- 1. PRESS
- 2. MILITARY PRESS
- 3. BUTTERFLY
- 4. CALT RAISE
- 5. SQUAT
- 6. ALTERNATE LEG RAISE
- 7. VERTICAL KNEE RAISE
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- 31. LATERAL RAISE
- 32. BENT LATERAL RAISE
- 33. FRONT RAISE
- 34. UPRIGHT ROW
- 35. BENT ROW
- 36. SEATED ROW

WEIDER

IMPORTANT:

Weider X2 Power Guide Home Gym

SJ Ball



Weider X2 Power Guide Home Gym:

America's Civil War ,1991 **Military History** ,1992-04 *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 **Home Gym Essential** Terrell Renaud,2024-04-10 Are you tired of battling crowded gyms expensive memberships and inconvenient hours Say goodbye to these obstacles and welcome the solution to your fitness journey with Home Gym Essentials In this comprehensive guide you ll discover everything you need to create the ultimate workout haven within the comforts of your own home From beginners to fitness enthusiasts this book is your key to unlocking the door to a healthier stronger you Delve into the secrets of crafting a personalized home gym tailored to your unique fitness goals and preferences With expert advice on selecting the right equipment designing your space for maximum efficiency and optimizing your workouts for stellar results you ll never look back But it s not just about convenience it s about empowerment By owning your workout space you take control of your fitness destiny No more excuses no more limitations just endless possibilities for growth and transformation Whether you re aiming to shed pounds build muscle or improve your overall well being Home Gym Essentials equips you with the tools and knowledge to succeed Don t let another day slip by without taking charge of your health and fitness Join the countless individuals who have revolutionized their exercise routines and transformed their lives with the power of a home gym Say hello to convenience flexibility and unparalleled results all within arm s reach Take the first step towards a stronger healthier you ORDER YOUR COPY of Home Gym Essentials today and start building the home gym of your dreams Your body and your future self will thank you for it Garage Gym Bible William Smith,2018-02-20

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easy (been using Cvent since 2012) so you should be fine. Next up is the advanced exam - those sample questions were hard for me.