

# 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 torso to lean forward. Return to the starting position.

Muscles affected: H, L, V, W

## 6 ALTERNATE LEG RAISE

Attach the chair arms with your back to the system and your arms hanging straight down. Slowly raise one leg until it is parallel to the floor. Lower your leg. Repeat with the other leg. Return to the starting position.

Muscles affected: B, F, W

## 7 VERTICAL KNEE RAISE

Attach the chair arms with your back to the system and your arms hanging straight down. Slowly raise your legs as high as they will go, keeping your legs in front of your torso. Return to the starting position.

Muscles affected: F, W

## 8 ASSISTED DIP

Grab the overhead weight holding. Grasp the bar 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

Grab 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 bar 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. Place 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. Place 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. Lean forward, rounding all your back 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 overhead grip. Keep your arms straight. Lower the bar until your arms are straight. 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 down until your arms are straight. 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 torso. 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

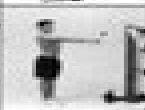
Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

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. Push the bar against your chest as shown. 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 arm at your side and 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: F, 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 torso 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 torso 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 bend your arm at the elbow. Lift the handle to the side until your arm 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 one arm downward and hold the handle with your arm at your side. Lift the handle to the side until your arm 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 downward and hold the bar with an overhead grip. Keeping your arms straight, raise the bar to level of your chest. 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 handles with an overhead grip. Keeping your arms straight, pull the handles toward your chest. Return to the starting position.

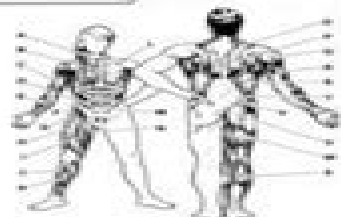
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## 36 SEATED ROW

Attach the bar to the low cable. Set on the floor 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 (chest)           |
| F. Hip Flexors (upper thigh)    | S. Quadriceps (front of thigh)  |
| G. Hamstrings (lower 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              |
| L. Soleus (back of calf)        | Y. Hamstring (back of leg)      |
| M. Rectus Abdominus (abdomen)   | Z. Gastrocnemius (back of calf) |

# Weider Home Gym Exercise Guide

**Xiang Xie**



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