

**1 BENCH PRESS**

Sit on the seat and hold the handles with your hands. Extend your legs and place your feet on the floor. Hold the handles with your hands until your legs are fully extended. Keeping your arms straight, fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**11 LEG PRESS**

Sit on the seat and place your feet on the floor. Hold the handles with your hands until your legs are fully extended. Do not rock your knees. Return to the starting position.

Muscles affected: M, L, M, A

**12 LEG EXTENSION**

Sit on the seat and position your feet under the pads on the leg extension. Place your hands on the floor and straighten your legs and straighten your arms. Return to the starting position.

Muscles affected: M

**13 LEG CURL**

Stand with the back of one leg resting against one of the pads on the leg curl. Place the leg being tested against the standing leg as shown. Return to the starting position.

Muscles affected: M

**14 JAB CRUNCH**

Attach the bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lean forward, keeping your torso bent and keeping your back straight.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Attach the bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar bar to the high cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: B, P, M, S

**17 LAT PULL-DOWN**

Attach the bar to the high cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: C, M, P, S

**18 TRICEPS EXTENSION**

Attach the bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Keeping your upper arms stationary, move your lower arms straight. Return to the starting position.

Muscles affected: B, M

**19 CROSSOVER FLY**

Attach the handles to the center cables. Hold the handles with your arms straight and hold the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, M, S

**20 BACK EXTENSION**

Attach the bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Keeping your upper arms stationary, move your lower arms straight. Return to the starting position.

Muscles affected: T

**2 MILITARY PRESS**

Attach the bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Keeping your arms straight, fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**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, S

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your knees at your sides and rise up on your toes as far as possible. Return to the starting position.

Muscles affected: M, S

**5 SQUAT**

Hold the handles with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position. Return to the starting position.

Muscles affected: M, L, M, S

**6 ALTERNATE LEG RAISE**

Attach the bar to the low cables. Hold the bar with your arms supporting your weight. Squeeze your lower abdomen and lift one leg at a time. Lift the leg up and down with your arms straight. Return to the starting position.

Muscles affected: B, P, M

**7 VERTICAL KNEE RAISE**

Attach the bar to the low cables. Hold the bar with your arms supporting your weight. Squeeze your lower abdomen and lift one leg at a time. Lift the leg up and down with your arms straight. Return to the starting position.

Muscles affected: P, M

**8 ASSISTED DIP**

Hold the handles with an overhand grip. Squeeze the bar handles, keeping your arms straight and your knees resting on the pads as shown. Lower lower your body by bending your knees. Return to the starting position.

Muscles affected: B, L, C, P, M, S

**9 PULL-UP**

Grasp the pull-up handles as shown. Lower your body down until your arms are straight and your chin is level with your chest. Return to the starting position.

Muscles affected: C, L, C, P, S

**10 PREACHER CURL**

Sit on the seat and hold your arms on the curl pads. Hold the bar with an overhand grip. Hold the bar with your arms straight. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: C, L, S

**21 DEAD LIFT**

Attach the bar to the low cables. Hold the bar with an overhand grip. Squeeze your legs, keeping your arms straight and back straight. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: L, H, T, M, S

**22 SHOE SHINE**

Attach the handles to the low cables. Hold the handles with an overhand grip. Keeping your arms straight, move your arms up and down with your arms straight. Return to the starting position.

Muscles affected: C, C, M

**23 SHOULDER SHRUG**

Attach the bar to the low cables. Hold the bar with an overhand grip and hold the bar with an overhand grip. Keeping your arms straight, move your arms up and down with your arms straight. Return to the starting position.

Muscles affected: L, C, P, M

**24 OVERHEAD EXTENSION**

Attach the handles to the low cables. Hold the handles with an overhand grip. Keeping your arms straight, move your arms up and down with your arms straight. Return to the starting position.

Muscles affected: L, M, S

**25 ISOLATION CURL**

Attach the bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: C, M

**26 FRONT RICK**

Attach the pulley bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: P, C, M, P, S

**27 REEL ROCK**

Attach the cable pulley to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: M, M, M

**28 HIP ADDUCTION**

Attach the cable pulley to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTIVE THIGH**

Attach the cable pulley to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: D, M

**30 STEADING CURL**

Attach the bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position. Do every two seconds. Return the bar to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Attach the handles to the low cables. Hold the handles with an overhand grip. Hold the handles with your arms extended. Lift the handles to the side until your arms are level with your shoulders. Return to the starting position.

Muscles affected: L, C, C, C

**32 BENT LATERAL RAISE**

Attach the handles to the low cables. Hold the handles with an overhand grip. Hold the handles with your arms extended. Lift the handles to the side until your arms are level with your shoulders. Return to the starting position.

Muscles affected: L, C, C, C

**33 FRONT RAISE**

Attach the bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: L, P, M

**34 UPRIGHT ROW**

Attach the bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: C, C, L, C, P, C, C

**35 BENT ROW**

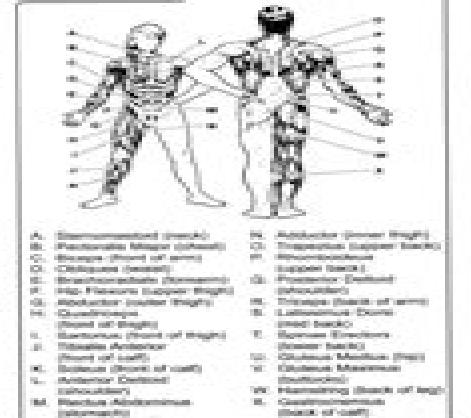
Attach the bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: C, C, L, C, P, C, C

**36 SEATED ROW**

Attach the bar to the low cables. Hold the bar with an overhand grip. Hold the bar with your arms extended. Lift the bar up and down with your arms straight. Return to the starting position.

Muscles affected: C, C, C, C, C, C, C

**MUSCLE CHART**

1. Abdominal (abdominal oblique) 11. Adductor (inner thigh)  
2. Abdominal (rectus abdominis) 12. Adductor (outer thigh)  
3. Arms (front of arm) 13. Adductor (posterior thigh)  
4. Chest (pectoralis major) 14. Adductor (posterior thigh)  
5. Chest (pectoralis minor) 15. Adductor (posterior thigh)  
6. Chin (trapezius) 16. Adductor (posterior thigh)  
7. Deltoids (front of shoulder) 17. Adductor (posterior thigh)  
8. Deltoids (side of shoulder) 18. Adductor (posterior thigh)  
9. Elbow flexors (biceps brachii) 19. Adductor (posterior thigh)  
10. Elbow extensors (triceps brachii) 20. Adductor (posterior thigh)  
11. Gluteus Maximus (buttocks) 21. Hamstring (backs of legs)  
12. Gluteus Medius (outer thigh) 22. Hamstring (backs of legs)  
13. Gluteus Minimus (inner thigh) 23. Hamstring (backs of legs)  
14. Hamstring (backs of legs) 24. Hamstring (backs of legs)  
15. Hamstring (backs of legs) 25. Hamstring (backs of legs)  
16. Hamstring (backs of legs) 26. Hamstring (backs of legs)

**! WARNING:** Before beginning any resistance program, consult your physician. This is especially important for anyone over the age of 40 or for persons who have never exercised before. Do not use this equipment for strenuous or competitive strength training.

**IMPORTANT:** This power system is designed for resistance training. Do not use the equipment while pregnant. Do not use the equipment if you have any type of heart condition, high blood pressure, or any other medical condition. Do not use the equipment if you are pregnant or if you have any type of heart condition, high blood pressure, or any other medical condition. Do not use the equipment if you are pregnant or if you have any type of heart condition, high blood pressure, or any other medical condition.

# Weider Home Gym Weight System Exercise Guide

**Joe Weider**

## Weider Home Gym Weight System Exercise Guide:

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Cottonboll ,1993 *Exerstyle* Philip Mazzurco,1985 **Field & Stream** ,1973-02 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations *Women's Weight Training and Bodybuilding Tips and Routines* Joe Weider,1982 *San Diego Magazine* ,1994-03 Nutrition and Diseases--1973 [-1974]: Obesity and fad diets United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1973 **American Home** ,1974 **Ebony** ,1974-08 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine Medical and Health Care Books and Serials in Print ,1997 *Weight Training Today* Robert O'Connor,Jerry Simmons,1989 See Adams Racquetball Today for description **Nutrition and Diseases--1973 [-1974]** United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1973 The Publishers Weekly ,1986 **Ebony** ,1974-10 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *Success Unlimited* ,1974 *Ebony* ,1974-09 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

The book delves into Weider Home Gym Weight System Exercise Guide. Weider Home Gym Weight System Exercise Guide is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Weider Home Gym Weight System Exercise Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Weider Home Gym Weight System Exercise Guide
- Chapter 2: Essential Elements of Weider Home Gym Weight System Exercise Guide
- Chapter 3: Weider Home Gym Weight System Exercise Guide in Everyday Life
- Chapter 4: Weider Home Gym Weight System Exercise Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Weider Home Gym Weight System Exercise Guide. This chapter will explore what Weider Home Gym Weight System Exercise Guide is, why Weider Home Gym Weight System Exercise Guide is vital, and how to effectively learn about Weider Home Gym Weight System Exercise Guide.
3. In chapter 2, the author will delve into the foundational concepts of Weider Home Gym Weight System Exercise Guide. This chapter will elucidate the essential principles that need to be understood to grasp Weider Home Gym Weight System Exercise Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Weider Home Gym Weight System Exercise Guide in daily life. The third chapter will showcase real-world examples of how Weider Home Gym Weight System Exercise Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Weider Home Gym Weight System Exercise Guide in specific contexts. The fourth chapter will explore how Weider Home Gym Weight System Exercise Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Weider Home Gym Weight System Exercise Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Weider Home Gym Weight System Exercise Guide.

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