

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your arms until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: B, L, R



2 MILITARY PRESS

Adjust the system as required for the exercise. Sit 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

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 overhand grip. Keep your arms at your sides and rise up on your toes, as far as possible. Return to the starting position.

Muscles affected: K, R



5 SQUAT

Hold the handles with an overhand grip, and straighten 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, V, W



6 ALTERNATE LEG RAISE

Mount the VCR arms 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, F, W



7 VERTICAL KNEE RAISE

Mount the VCR arms with your back to the system and your arms supporting your weight. Slowly raise your knees as high as they will go. Keep your legs straight and your feet flat on the floor. Return to the starting position.

Muscles affected: F, W



8 ASSISTED DIP

Select the desired weight setting. 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, P, Q, R, S



9 PULL-UP

Grasp 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, G, P, R, S



10 PREACHER CURL

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

Muscles affected: C, B



11 LEG PRESS

Sit 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, X



12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. 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 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 cable. Hold the ab straps over your shoulders. Lean forward, bending at your waist and keeping your back straight.

Muscles affected: W



15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Keep your arms at your sides and pull the bar straight down. Return to the starting position.

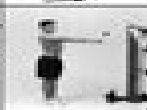
Muscles affected: E, R



16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Hold the lat bar with an overhand grip, your hands shoulder-width apart. With your arms slightly bent, push the bar forward your legs. Return to the starting position.

Muscles affected: E, P, R, S



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 overhand grip. Pull the lat bar down in front of your face. Return to the starting position.

Muscles affected: C, E, P, S



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 arms straight. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: E, 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 lat bar to the low cable. Sit on the seat and hold the bar with an underhand grip and extend your arms. 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. Stand your knees and hold the lat bar with an overhand grip. Extend your legs, keeping your arms and back straight, and your head up. Return to the starting position.

Muscles affected: E, H, T, V, W



22 SIDE BEND

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downward, and hold the handle over your head and bend to the side as shown. Return to the starting position.

Muscles affected: D, E, M



23 SHOULDER SHROG

Attach the lat bar to the low cable. Extend your arms downward and hold the lat bar with an overhand grip. Keep your arms at your sides, shrug your shoulders up and down. Return to the starting position.

Muscles affected: E, Q, P



24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arms upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, R



25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm downward and hold the handle with an overhand grip. Keep your elbows at your sides and curl the handle toward your chest. Return to the starting position.

Muscles affected: C, B



26 FRONT KICK

Attach the ankle strap to the low cable. Stand sideways and insert one leg into the ankle strap. Keep your leg straight and move it forward as shown. Return to the starting position.

Muscles affected: F, Q, P, S



27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap. With your knee slightly bent, move your leg back as shown. Return to the starting position.

Muscles affected: L, V, W



28 HIP ADDUCTION

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

Muscles affected: L, R



29 HIP ABDUCTION

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

Muscles affected: G, W



30 STRAINGING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the bar with an underhand grip. Keep your elbows at your sides and curl the bar toward your chest. Return to the starting position. To vary this exercise, hold the lat bar with an overhand grip.

Muscles affected: C, B



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm forward sideways, extend one arm forward sideways, and hold the handle 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 handle to the low cable. Stand sideways and bend forward, extend one arm downward, and hold the handle with your arm slightly bent. Raise the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: G, Q



33 FRONT RAISE

Attach the lat bar to the low cable. Extend both arms downward and hold the lat bar with an overhand grip. Keeping your arms straight, raise the lat bar until your hands are level with your shoulders. 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 overhand grip. Pull the curl bar to your chest. Return to the starting position.

Muscles affected: C, E, L, Q, P, Q



35 BENT ROW

Attach the handle to the low cable. Bend forward, extend your arms, and hold the handle with an overhand grip. Keeping your back straight, pull the handle toward your chest. Return to the starting position.

Muscles affected: C, E, G, P, Q, S, T



36 SEATED ROW

Attach the curl bar to the low cable. Sit on the floor and hold the curl bar with an overhand grip. Pull the curl bar toward your chest and lean back. Return to the starting position.

Muscles affected: C, E, G, 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. Rhomboides |
| D. Oblique (waist) | Q. Supra Spinal (neck) |
| E. Brachioradialis (forearm) | R. Pectorator Deltoid |
| F. Hip Flexors (upper thigh) | S. Quadriceps |
| G. Adductor (outer thigh) | T. Triceps (back of arm) |
| H. Quadriceps | U. Latissimus Dorsi |
| I. Soleus (front of thigh) | V. Erector Spinae |
| J. Soleus (back of thigh) | W. Erector Spinae |
| K. Soleus (front of calf) | X. Gluteus Medius (hip) |
| L. Soleus (back of calf) | Y. Gluteus Maximus |
| M. Rectus Abdominus (abdomen) | Z. Hamstring (back of leg) |
| | AA. Gastrocnemius (back of calf) |

Weider Crossbow Exercise Guide

Caren Woods



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Consumers Index to Product Evaluations and Information Sources ,2004 *Cross-Training For Dummies* Tony Ryan,Martica Heaner,2011-06-15 Anyone can get into a fitness rut You could be exercising regularly but feeling unmotivated about your current routine Or you could be enjoying your workouts but not getting the results you really want You can even be on health club hiatus and looking for a way to get back into exercise mode Whatever your situation cross training is a practical solution Cross training is a well rounded way of approaching exercise It allows you to vary your workouts so you can inject a little excitement into your fitness routine while you receive better results out of your exercise plan If you have a real thirst for fitness knowledge then Cross Training For Dummies is for you Whether you just want to use cross training as a way to spice up a dull workout routine or you re looking to develop specific skills that will enhance your performance in a specific activity or sport this book can get you on track Cross Training For Dummies will keep you motivated interested strong and injury free as you strive to improve your level of fitness From savvy tips that ll turbo charge your workouts to great advice on weight lifting fitness activities and team sports this book has just what you need to advance to a higher level of fitness Cross Training For Dummies also covers topics hat will help you to Assess your fitness level Set personalized exercise goals Have fun with individual and team sports Incorporate kickboxing Pilates spinning and other cutting edge workouts into you routine Understand the five elements of fitness Challenging your body to new fitness levels is hard work but the results are well worth it Cross Training For Dummies will help you understand how cross training works and show you how to put together a well balanced training program that will keep you happy and healthy **The Ultimate Guide to Crossbow Hunting** Joe Byers,2016-10-25 Get in on the hunting method sweeping the nation The Ultimate Guide to Crossbow Hunting offers everything you need to know about the sport and its gear from acquiring a bow to hunting popular big game animals With this book you will learn how to select a bow which bolts are best plus all there is to know about broadheads scopes and other gear Travel with author Joe Byers to Alaska for wild caribou and Africa for the largest of plains game with hunting tips from Michael Waddell Will Primos Bill Jordan and many others Learn how to grow your own trophy bucks hunt huge antlers in the suburbs and outsmart the wildest of black bears In The Ultimate Guide to Crossbow Hunting Joe Byers examines all things crossbow hunting Other topics covered include Myths and misconceptions Crossbow safety Sighting for success The best bolt for your bow Black bear how to And much more This exhaustive guide provides a look into the history of archery tips for hunting all types of game and of course advice on buying and using crossbow equipment With the Ultimate Guide to Crossbow Hunting you ll be able to hunt the whole season Skyhorse Publishing is proud to publish a broad range of books for hunters and firearms enthusiasts We publish books about shotguns rifles handguns target shooting gun collecting self defense archery ammunition knives gunsmithing gun repair and wilderness survival We publish books on deer hunting big game hunting small game hunting wing shooting turkey hunting deer stands duck blinds bowhunting wing

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Spalding Guide to Fitness for the Weekend Athlete Gary Rosenthal,1976 **Swiss Ball for Total Fitness** James Milligan,2005 Because it s so effective and easy to use even at home the Swiss ball has rapidly become an essential part of a total fitness regime especially in tandem with free weights and a medicine ball These exercises will help you utilize its full potential for building core strength and more because they also work the muscles in the midsection chest back shoulders arms and legs The wide ranging routines go from beginner to advanced *The Core Workout* Joanne Elphinston,Paul Pook,1999 [A Guide to the Crossbow](#) William Forbes Paterson,1984 History and restoration of crossbows [The Bowflex Body Plan](#) Ellington Darden, Phd,2003-11-15 THE BOWFLEX BODY PLAN Discover the super secrets for getting the most out of the hottest home workout machine ever We ve all seen those attractive Bowflex bodies on television Well you don t have to resemble a model to achieve a Bowflex body Now you can apply the complete science behind what it takes to get that lean muscular look The course of action you re holding in your hands contains the best possible routines and practices that combined cause greater and faster results The Bowflex exercise system is based on the simple bow and arrow principle Its

patented Power Rod technology flexes and extends to provide force or resistance part of your week by week workouts which focus on all major muscle groups Merge the recommended Bowflex routines with Dr Ellington Darden s guidelines on eating hydrating and resting and you ll be well on your way to getting the results you ve always wanted In addition to four fat loss meal plans you ll find complete programs for out of shape athletes women who want to reduce their hips and thighs and individuals who wish to focus on their abdominals Choose the one that s right for you depending on your age experience body type and personal goals Throughout these pages you ll be inspired by reports and photographs of real results from real people using a real Bowflex machine With a little discipline and patience you ll see your extra fat begin to vanish revealing your muscles lean lines In only six weeks a man could drop 35 pounds of fat and 5 inches from his waist A woman could lose 19 pounds of fat and 4 inches from her thighs And both can build 3 pounds of muscle Best of all you will experience strength firmness and muscular refinement as never before Elegant instructive photographs of Dr Darden s top 23 Bowflex exercises make this the ideal fitness manual for both men and women those who already use the Bowflex system as well as the many new users of this fast growing home exercise system The only authorized book on the subject The Bowflex Body Plan will help you lose fat build muscle and reshape your body fast Soon you will have the results you ve always wanted Soon you will have a Bowflex body

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McNickle,1994 Whether you golf play tennis jog or swim cross training provides a total body workout offering a more complete exercise plan than playing any one sport If you are looking for better results in strength training or aerobic exercise Cross Training shows you how to choose sports that best complement each other You ll quickly see that adding one new activity to your workout will not only tone your body but improve your primary game Back cover *The Home Workout Plan* Dale L. Roberts,2016-10-05 Are you sick of having jiggly batwings or buggy whip arms Wouldn t it be perfect if you had a simple easy to follow plan to turn your arms into loaded guns in no time Then *The Home Workout Plan How to Master Arm Exercises in 30 Days* has your answer in a short concise book you can read in less than an hour That way you can get into shape instead of spending countless hours scouring the internet and encyclopedia long fitness publications In this health and fitness short read you ll get 27 simple exercises with additional recommendations for adjustments Arm exercises ideal for anyone from the beginner to the athlete Brief and straightforward instructions of each exercise A reliable and customizable 30 day workout plan Helpful guidelines and tips to get the most from your workouts Over 30 full color pictures to help you with how to do an exercise And much more Stop Waiting and Start Getting Your Arms into Great Shape Scroll Up and Click the Add to Cart Button to Get Your Copy NOW [Vitality Guide To Crossfit Exercise For Muscle Atrophy](#) Caren

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