

**1 BENCH PRESS**

Sit on the seat and hold the handles with your hands. Extend your legs straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, T, M

**2 MILITARY SPREADS**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Keep your torso upright and extend your arms. Return to the starting position.

Muscles affected: L, T, M

**3 BICEPS CURL**

Sit on the seat and hold the handles with your hands. Extend your arms straight. Extend your torso upright and extend your legs straight. Return to the starting position.

Muscles affected: B, T

**4 CALF RAISE**

Stand with your feet on the floor plates. Keep your torso upright and extend your legs straight. Lift your heels off the floor and hold. Return to the starting position.

Muscles affected: M, B

**5 SQUAT**

Stand with your feet on the floor plates. Extend your arms straight. Extend your torso upright and extend your legs straight. Return to the starting position.

Muscles affected: P, L, M

**6 ALTERNATE LEG RAISE**

Attach the system with your feet. Sit on the seat and hold the handles with your hands. Extend your torso upright and extend your legs straight. Lift one leg and hold. Return to the starting position.

Muscles affected: B, T, M

**7 VERTICAL KNEE RAISE**

Attach the system with your feet. Sit on the seat and hold the handles with your hands. Extend your torso upright and extend your legs straight. Lift your knee towards your chest. Return to the starting position.

Muscles affected: T, M

**8 AUSTRIAN STEP**

Attach the system with your feet. Sit on the seat and hold the handles with your hands. Extend your torso upright and extend your legs straight. Rest your knee on your chest. Return to the starting position.

Muscles affected: B, L, T, M

**9 PULL-UP**

Grasp the pull-up handles with your hands. Lower your body until your arms are straight. Extend your arms and pull your chest up towards your chin. Return to the starting position.

Muscles affected: C, L, D, P, M

**10 PREACHER CURL**

Sit on the seat and hold your arms out to the sides. Hold the bar with an overhand grip. Extend your torso upright and extend your legs straight. Return to the starting position.

Muscles affected: B, L

**11 LEG PRESS**

Sit on the seat and place your feet on the floor plates. Extend your torso upright and extend your legs straight. Return to the starting position.

Muscles affected: M, T, M, B

**12 LEG EXTENSION**

Sit on the seat and place your feet under the floor plates on the floor. Extend your torso upright and extend your legs straight. Return to the starting position.

Muscles affected: T, M

**13 LEG CURL**

Sit on the seat with the back of your leg resting against one of the pads on the leg extension. Return to the floor. Return to the starting position.

Muscles affected: B, M

**14 ABS CRUNCH**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Lift your torso and hold. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESSDOWN**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Extend your arms forward. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor plates. Extend your torso upright and extend your legs straight. Extend your arms forward. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Extend the arms of the lat bar with your arms straight. Return to the starting position.

Muscles affected: C, B, M, B

**18 TRICEPS EXTENSION**

Attach the handles to the floor plates. Extend your torso upright and extend your legs straight. Extend your arms forward. Return to the starting position.

Muscles affected: B, M

**19 CROSSEOVER FLY**

Attach the handles to the floor plates. Extend your torso upright and extend your legs straight. Extend one arm forward and one arm back. Return to the starting position.

Muscles affected: B, L, C, M

**20 BACK EXTENSION**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Extend your arms forward. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Keeping your torso upright and straight, bend your knees and pull the bar towards your torso. Return to the starting position.

Muscles affected: L, M, T, M, B

**22 SHOE SWING**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your right leg and hold. Return to the starting position.

Muscles affected: L, C, M

**23 SHOULDER SHRUG**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your shoulders and hold. Return to the starting position.

Muscles affected: L, C, P, M

**24 OVERHEAD EXTENSION**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Extend your arms forward. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, C

**26 FRONT RAISE**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your arms forward and hold. Return to the starting position.

Muscles affected: L, C, M, P

**27 KNEEL ROCK**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your right leg and hold. Return to the starting position.

Muscles affected: L, C, M, P

**28 HIP ADDUCTION**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Lift your right leg and hold. Return to the starting position.

Muscles affected: L, M

**29 HIP ABDUCTION**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Lift your left leg and hold. Return to the starting position.

Muscles affected: L, M

**30 STANDING CURL**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: C, B

**31 LATERAL RAISE**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, C, D, C

**32 BENT LATERAL RAISE**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, C, D, C

**33 FRONT RAISE**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms forward and hold. Return to the starting position.

Muscles affected: L, P, M

**34 UPRIGHT ROW**

Stand with your feet on the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, C, M, P, D

**35 BENT ROW**

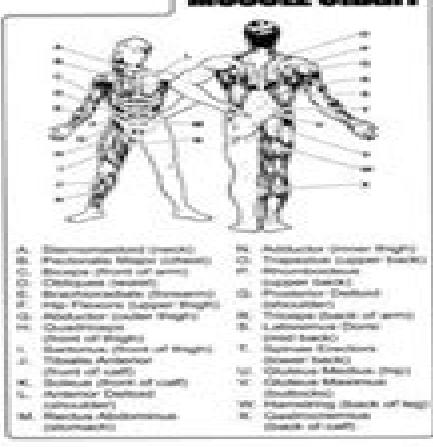
Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, C, D, M

**36 SQUAT ROW**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your right arm and hold. Return to the starting position.

Muscles affected: L, C, D, M, T

**MUSCLE CHART**

- 1. Sternomastoid (neck)
- 2. Pectoralis Major (chest)
- 3. Deltoid (shoulder)
- 4. Biceps (biceps)
- 5. Triceps (triceps)
- 6. Latissimus Dorsi (back)
- 7. Gluteus Maximus (buttocks)
- 8. Gluteus Medius (buttocks)
- 9. Gluteus Minimus (buttocks)
- 10. Adductor (inner thigh)
- 11. Rectus Femoris (outer thigh)
- 12. Vastus Lateralis (outer thigh)
- 13. Vastus Medialis (inner thigh)
- 14. Adductor Longus (inner thigh)
- 15. Adductor Brevis (inner thigh)
- 16. Iliopsoas (inner thigh)
- 17. Iliopsoas (outer thigh)
- 18. Rectus Abdominis (abdomen)
- 19. External Oblique (abdomen)
- 20. Internal Oblique (abdomen)
- 21. Transversus Abdominis (abdomen)
- 22. Rectus Femoris (quadriceps)
- 23. Vastus Lateralis (quadriceps)
- 24. Vastus Medialis (quadriceps)
- 25. Iliopsoas (quadriceps)
- 26. Gluteus Maximus (buttocks)
- 27. Gluteus Medius (buttocks)
- 28. Gluteus Minimus (buttocks)
- 29. Adductor (inner thigh)
- 30. Rectus Femoris (outer thigh)
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# Weider Machine Workout Guide

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*Joe Weider's Ultimate Bodybuilding* Joe Weider,1999      **HIT-HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS** David Groscup,2016-01-01 In HIT HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS author David Groscup DR HIT provides the reader with effective muscle building training routines using the time and science tested HIT high intensity training protocol which was pioneered by Arthur Jones inventor of the famous Nautilus machines A companion to his other books this volume gives the reader easy to follow routines for practical application of the many different HIT variables or techniques designed to add muscle size and strength rapidly Topics include The right way to use pre exhaust and double pre exhaust techniques to blast your muscles to new growth How to push your muscles past exhaustion a great way to dramatically escalate gains Use negatives build strength and muscle size faster Slow things down to speed gains up Using static holds to break through sticking points Proper micro loading to prevent stagnation How to determine proper training intensity and frequency to avoid overtraining Using a single set to thoroughly train a muscle And much much more      [The Weider Body Book](#) Betty Weider,Joe Weider,1984 Bodybuilding for women Jim Kepner

**Bodybuilding, the Weider Approach** Joe Weider,1981 From the man who trained Schwarzenegger and Ferrigno comes an easy to follow manual on bodybuilding      **Bowker's Complete Video Directory** ,2000      [DR HIT'S Ultimate Bodybuilding Guide:Chest](#) David Groscup,2013-02-12 This comprehensive manual thoroughly explains the effective scientific principles and techniques of high intensity training or HIT Practical training routines are given for all levels of trainees from beginner through advanced bodybuilders Learn how to properly use forced reps negative reps negative accentuated reps super contraction holds partial reps and more to build a strong powerful well developed chest quickly      *Shape* ,1996

**Video Source Book** Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction      *Readers' Guide to Periodical Literature* Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1988 An author subject index to selected general interest periodicals of reference value in libraries      **Video Source Book** ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction      **The Cellulite Solution** Madlen Laura Simms,1990 THE CELLULITE SOLUTION is the most comprehensive book on cellulite ever written Most women with cellulite believe that once this disfigured appearance of the skin develops they are stuck with it for life They consider it to be a sign of aging or perhaps of a deteriorating body Worse still many women are told that either cellulite does not exist or that nothing can be done about it It needs to be recognized that cellulite is real excess fat waste water all components of cellulite The book outlines dietary guidelines an exercise program featuring strength training food supplementation other helpful techniques The author Laura Simms draws from a wealth of personal experiences that enable

her to relate to the drama feelings other women with cellulite experience on a level that is unparalleled In addition the information has been well researched the data well documented put into an easy to follow format that can be implemented in the privacy of one s own home **Nutrition and Training for Women Bodybuilders** Joe Weider,1984 **Subject Guide**

**to Books in Print** ,2001 Popular Mechanics ,1997-07 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

The Old School StrengthTraining Secrets Bible Dave Yarnell,2019-09-05 A huge compendium of Old School Strength training secrets full of great pictures methods and techniques compiled from a variety of awesome sources **Pumping Up!** Ben Weider,Robert Kennedy,1985 Illustrated instructions and photos describe how to develop a weighttraining routine for women **Women's Weight Training and Bodybuilding Tips and Routines** Joe Weider,1982 **The Video Source**

**Book** David J. WEINER,1990 Bodybuilding 101 Robert Wolff,1999 From the pages of Muscle Fitness magazine comes Bodybuilding 101 a complete motivational how to guide based on Robert Wolff s immensely popular column in the world renowned fitness magazine Covering everything from nutrition basics common training mistakes and powerful mental strategies to specialized training for your body type and the 22 best machine exercises Bodybuilding 101 appeals to men and women of all ages from beginner to advanced fitness enthusiast anyone who desires a stronger firmer and shapelier body but does not have the know how to achieve it In order to help explain exercises step by step Bodybuilding 101 contains more than 200 photos by the best physique and exercise photographers in the industry Robert Wolff is a true fitness and motivation authority who has helped thousands reach their absolute best Let him show you the way to achieve incredible lifetime lasting results in the quickest way possible Robert Wolff Ph D lectures throughout the world on fitness motivation and high level success principles He has worked with such fitness legends as Arnold Schwarzeneggar Lee Haney Steve Reeves Lou Ferrigno Rachel McLish and Cory Everson and has been published in Shape Men s Fitness and Flex Of all the writers who have written for my magazines one of the best who s changed the lives of people through bodybuilding and motivation is Robert Wolff He has the uncanny ability for discovering the subtleties that turn a good exercise into a great one and for cutting through the hype to explain it to the average man and woman in easy and motivating ways that they ll understand and remember Joe Weider No other physical activity can change your body faster than bodybuilding and no other writer and book can give you the real priceless jewels of training wisdom learned from years of gym workouts and working alongside the greatest names in the sport like Robert Wolff and Bodybuilding 101 This book will be a guide that you ll refer to time and time again because Robert Wolff s inspirational message is timeless Cory Everson six time Ms Olympia and bestselling author Robert Wolff is in a class of his own Few writers can capture the muscle and soul of bodybuilding like him You re holding a book written by the man who can give you a priceless world of knowledge and save you much wasted time and frustration

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