

**1 BENCH PRESS**

Lie on the bench with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your chest is fully extended. Return to the starting position.

Muscles affected: B.L., M.

**2 MILITARY PRESS**

Lie down with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your chest is fully extended. Return to the starting position.

Muscles affected: L.L., M.

**3 BICEP CURL**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your biceps are fully contracted. Return to the starting position.

Muscles affected: B.L., M.

**4 CALF RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your heels are off the floor. Return to the starting position.

Muscles affected: H.L., M.

**5 SQUAT**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your thighs are parallel to the floor. Return to the starting position.

Muscles affected: H.L., M.

**6 ALTERNATE LEG RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Supporting your weight, lift one leg at a time until it is parallel to the floor. Return to the starting position.

Muscles affected: B.L., P.L., M.

**7 VERTICAL KNEE RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Supporting your weight, lift your knees until they are parallel to the floor. Return to the starting position.

Muscles affected: P.M.

**8 ASSISTED DIP**

Stand with the bar at your waist. Hold the bar with an overhand grip. Supporting your weight, bend your knees, lowering your body. Return to the starting position.

Muscles affected: B.L., L.L., M.

**9 PULL-UP**

Grasp the bar with an overhand grip. Lower your body until your chin is above the bar. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and rest your arms on the seat. Hold the bar with an overhand grip. Lower the bar until your biceps are fully contracted. Return to the starting position.

Muscles affected: B.L., M.



**! WARNING:** Before beginning any resistance program, consult your physician. This is an especially important for those who have been inactive for a long time or for those who have a pre-existing medical condition. If you experience any pain or discomfort during your workout, stop immediately. If the pain continues, consult your physician.

**IMPORTANT:** This power exercise is designed for resistance that uses the weightlifting using resistance weight system. Make sure that your weight system stays within the weight range of the machine when you are using it. You must use the power system all of the exercises shown. Make sure your weight system is not damaged before using it.

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**11 LEG PRESS**

Sit on the seat with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your legs are fully extended. Return to the starting position.

Muscles affected: H.L., M., H.L., M.

**12 LEG EXTENSION**

Sit on the seat with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your legs are fully extended. Return to the starting position.

Muscles affected: H.L.

**13 LEG CURL**

Stand with the back of one leg resting against one of the pads on the leg curl machine. Hold the bar with an overhand grip. Lower the bar until your leg is straight. Return to the starting position.

Muscles affected: H.L.

**14 ABS CRUNCH**

Lie on the mat with your feet flat on the floor. Hold the bar with an overhand grip. Lower the bar until your stomach is contracted. Return to the starting position.

Muscles affected: H.L.

**15 TRICEPS PRESS DOWN**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L.

**16 STIFF ARM PUSHDOWN**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L., P.L., M.

**17 LAT PULL-DOWN**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until the bar is level with the floor. Return to the starting position.

Muscles affected: C.L., M., H.L.

**18 TRICEPS EXTENSION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L., M.

**19 CROSSOVER FLY**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended and your torso is angled to the side.

Muscles affected: B.L., L.L., M.

**20 BACK EXTENSION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your torso is angled to the side.

Muscles affected: H.L.

**21 DEAD LIFT**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your legs are fully extended. Return to the starting position.

Muscles affected: B.L., H.L., M., H.L., M.

**22 SHOE SHINE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your legs are fully extended. Return to the starting position.

Muscles affected: B.L., H.L.

**23 SHOULDER SHRUG**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L., P.L.

**24 OVERHEAD EXTENSION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: H.L., M.

**25 ISOLATION CURL**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L.

**26 FRONT RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L., M.

**27 HHEEL ROCK**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: H.L., M.

**28 HIP ADDUCTION**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.L.

**29 HIP ADDUCTOR**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.L.

**30 STEAMER CURL**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L., M.

**31 LATERAL RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.L., C.L., M.

**32 SPLIT LATERAL RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.L., C.L., M.

**33 FRONT RAISE**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.L., P.L., M.

**34 UPRIGHT ROW**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: C.L., H.L., M.

**35 SPLIT ROW**

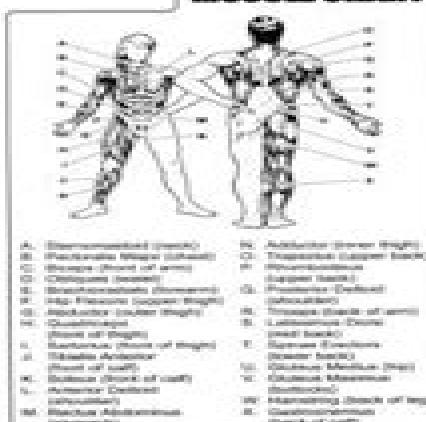
Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: C.L., H.L., M.

**36 BACKTECH ROW**

Stand with the bar at your waist. Hold the bar with an overhand grip. Lower the bar until your arms are fully extended. Return to the starting position.

Muscles affected: C.L., H.L., M.

**MUSCLE CHART**

- A. Deltoid (front deltoid)
- B. Deltoid (lateral deltoid)
- C. Deltoid (posterior deltoid)
- D. Biceps (biceps brachii)
- E. Triceps (triceps brachii)
- F. Latissimus dorsi (latissimus dorsi)
- G. Rectus abdominis (rectus abdominis)
- H. Gluteus maximus (gluteus maximus)
- I. Gluteus medius (gluteus medius)
- J. Gluteus minimus (gluteus minimus)
- K. Hamstrings (hamstrings)
- L. Biceps (biceps brachii)
- M. Triceps (triceps brachii)
- N. Gluteus (gluteus maximus)
- O. Gluteus (gluteus medius)
- P. Gluteus (gluteus minimus)
- Q. Hamstrings (hamstrings)
- R. Adductor (inner thigh)
- S. Adductor (outer thigh)
- T. Adductor (posterior thigh)
- U. Adductor (anterior thigh)
- V. Adductor (lateral thigh)
- W. Adductor (medial thigh)
- X. Adductor (posterior thigh)
- Y. Adductor (anterior thigh)
- Z. Adductor (lateral thigh)

# Weider Weight System Exercise Guide

**DJ Losen**

## Weider Weight System Exercise Guide:

Bullet Proof Guide For: Bodybuilding, Fitness, Exercise, Supplementation, Diet, Training, & Mechanics Tom Mione,2020-08-01 This is a complete guide that will walk you through step by step how to achieve the ultimate body that you desire You will be brought through how your body responds to each and every single muscle activating mechanic so you can generate the most amount of muscle hypertrophy We examine all forms of exercise from power resistance what splits to incorporate what targets the deepest rips into the muscle fibers You will learn how to define the perfect workout as well as how to supplement the right way The supplement market is flooded with misinformation and false promises We break down all protein sources supplements and drinks so you know what to put in your body when how much and why If you're looking to stand on stages one day or just trim down some extra body fat you will be taken through how the body works to achieve and maximize any result goal you have instore If you're already an advanced lifter and want to gain a competitive edge we have you covered If you're just starting out or just want to improve your strength size and confidence we have you covered

**The Weider Body Book** Betty Weider,Joe Weider,1984 Bodybuilding for women Jim Kepner **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 *The Edge* Ben Weider,Joe Weider,Daniel Gastelu,2003 The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight training Bowker's Complete Video Directory ,2000 Dr. Gallagher's Guide to 21st Century Medicine Atlas Publishing Company,Martin P. Gallagher,1997-08 **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 McCall's ,1976-04 **The Publishers Weekly** ,1996

**Subject Guide to Books in Print** ,2001 **Muscle, Smoke & Mirrors** Randy Roach,2008 The research for this extensive two volume project represents a comprehensive effort to establish a complete context from which the sport of bodybuilding arose Muscle Smoke but also to the most elite of athletes Whether you are a novice an elite bodybuilder or simply sports nutrition minded learn how the emerging forces of the Iron Game evolved Ultimately the factions of this industry would grow powerful and manipulative while fighting for control over the Game It took the running of several parallel histories on bodybuilding nutrition supplements and the role of drugs to offer a complete first time unraveling of the web of confusion and politics that still permeates the sport into the 21st century Volume I of Muscle Smoke Mirrors is truly the untold stories surrounding Bodybuilding's Amazing Nutritional Origins *Exerstyle* Philip Mazzurco,1985

**Permanent Habit Control** Brian Grodner,David B. Reid,2010-01-18 Grodner and Reid present the first professional book that attempts to permanently change health behaviors using Ericksonian Hypnotherapy This book provides mental

health professionals with a practical resource that will help them initiate permanent habit change in their clients lives Hypnotherapy has been proven to help people break poor eating habits quit smoking reduce alcohol and drug consumption and manage stress The book provides eclectic and innovative behavioral and naturalistic interventions that can be individually tailored to help clients regain control of their lives The authors offer specific strategies processes metaphors images reframing techniques task assignments and other innovative techniques for managing unwanted habits beginning with the initial client contact and continuing through relapse prevention and follow up reinforcement sessions Assists practitioners in helping clients understand and access their internal resources to help them initiate permanent habit control Demonstrates how to employ the Enneagram a profound psychological and spiritual tool for understanding the self and offering pragmatic insight to initiate behavioral changes Presents case histories from the authors own clinical work to illustrate the interventions in practical and strategic ways Includes end of chapter activities to improve skills such as generating individualized treatment plans and conducting personality assessments Hypnotherapy serves as a less expensive alternative approach for improving the quality of life and helping people adopt healthier lifestyles through behavioral change

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*American Book Publishing Record* ,1992

## Weider Weight System Exercise Guide Book Review: Unveiling the Power of Words

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