

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

**21 DEAD LIFT**

Attach the barbell to the bar handle. Stand with your feet shoulder-width apart and hold the handles with your hands. Keeping your arms straight, bend your legs and stand on your toes. Return to the starting position.

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

**31 LATERAL RAISE**

Attach a handle to the bar handle. Stand with your feet shoulder-width apart and hold the handles to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: L, H, C, C

**2 MILITARY PRESS**

Attach the bar system to the bar handle. Sit on the seat and press the handles together. Extend your arms straight, keeping your arms straight. 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 one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise up on your toes. Do not let your knee go. Return to the starting position.

Muscles affected: H, M

**5 SQUAT**

Hold the handles with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise up on your toes. Do not let your knee go. Return to the starting position.

Muscles affected: H, L, M, M

**6 ALTERNATE LEG RAISE**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position. Alternate legs with each rep.

Muscles affected: B, F, M

**7 VERTICAL KNEE RAISE**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position. Alternate legs with each rep.

Muscles affected: F, M

**8 ASSISTED DIP**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles as shown. Lower your body until your arms are straight and your legs are straight. Extend your arms and pull your body up until your arms are straight. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms on the seat pad. Hold the bar bar with one hand. Extend your right leg and place your foot on the floor. Hold the bar with your left hand. Return to the starting position.

Muscles affected: H, L, S

**22 SHOE SHINE**

Attach the barbell to the bar handle. Stand with your arms extended. Extend your legs and place your feet on the floor. Hold the handles to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: D, C, M

**32 SHOULDER SHRUG**

Attach the barbell to the bar handle. Extend your arms straight and hold the handles with an overhand grip. Keeping your arms straight, raise your shoulders up. Return to the starting position.

Muscles affected: L, D, P

**13 LEG CURL**

Sit with the back of one leg resting against one of the pads on the leg curl. Raise the leg toward your head until your knee is straight. Return to the starting position.

Muscles affected: M

**14 JAB CRUNCH**

Attach the barbell to the bar handle. Hold the bar with your hands. Extend your legs and place your feet on the floor. Hold your knee with your hands and straighten your arms. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Attach the barbell to the bar handle. Extend your arms straight and hold the handles with an overhand grip. Keeping your arms straight, press the barbell down to your chest. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position.

Muscles affected: B, P, M, S

**17 LAT PULL-DOWN**

Attach the barbell to the floor handle. Hold the bar with your hands. Extend your arms straight and hold the handles with your hands. Keeping your arms straight, pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: C, H, P, M

**18 TRICEPS EXTENSION**

Attach the barbell to the bar handle. Extend your arms straight and hold the handles with an overhand grip. Keeping your arms straight, extend your arms. Return to the starting position.

Muscles affected: B, M

**19 CROSSOVER FLY**

Attach the handles to the center cable. Extend your arms straight and hold the handles with an overhand grip. Keeping your arms straight, pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, C, M

**20 BACK EXTENSION**

Attach the barbell to the bar handle. Sit on the seat and hold the bar with one hand. Extend your right leg and place your foot on the floor. Hold the bar with your left hand. Return to the starting position.

Muscles affected: T

**23 OVERHEAD EXTENSION**

Attach the handles to the bar handle. Extend your arms straight and hold the handles with an overhand grip. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, P

**33 ISOLATION CURL**

Attach the handles to the bar handle. Extend your arms straight and hold the handles with an overhand grip. Keeping your arms straight, raise your hands up and down. Return to the starting position.

Muscles affected: C, M

**24 FRONT RAISE**

Attach the pulley cable to the floor handle. Stand on a platform and extend your legs. Hold the bar with your hands. Keeping your arms straight, raise the bar up. Return to the starting position.

Muscles affected: H, D, M, P

**34 UPRIGHT ROW**

Attach the pulley cable to the floor handle. Sit on the floor and hold the bar with your hands. Keeping your arms straight, raise the bar up. Return to the starting position.

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

**35 SQUAT ROW**

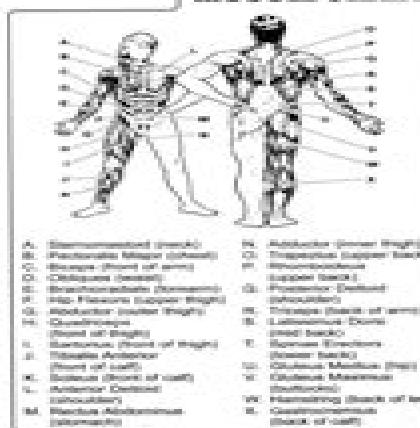
Attach the handles to the bar handle. Extend your arms straight and hold the handles with an overhand grip. Keeping your arms straight, pull the handles toward your chest. Return to the starting position.

Muscles affected: C, H, D, M

**36 SQUAT ROW**

Attach the pulley cable to the floor handle. Sit on the floor and hold the bar with your hands. Keeping your arms straight, pull the handles toward your chest. Return to the starting position.

Muscles affected: C, H, D, M, P, S, T

**MUSCLE CHART**

! WARNING: Before beginning any exercise program, consult your physician. This is especially important for anyone over the age of 30 or for persons with pre-existing medical conditions. Weider assumes no responsibility for personal injury or property damage resulting from the use of your weight system.

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