

**1 BENCH PRESS**

Sit on the seat and hold the handles with your hands. Attach the bar to the bar. Hold the bar with your hands until your arms are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY PRESS**

Adjust the system so it is positioned for the shoulders. Sit on the seat and press the bar up until your arms are straight. Fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and extend your arms. Do the butterfly arms are shown. Drive the butterfly arms forward with your arms and the pads touch. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your knees and your ankles straight and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**5 SQUAT**

Hold the handles with an overhand grip. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, L, M, B

**6 ALTERNATE LEG RAISE**

Adjust the seat so your knee is at the hip and your arms are supporting your weight. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: B, P, M

**7 VERTICAL KNEE RAISE**

Adjust the seat so your knee is at the hip and your arms are supporting your weight. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, M

**8 ARRESTED DIP**

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

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

**9 PULL-UP**

Grasp the pull-up handles with an overhand grip. Drive your arms up until your arms are straight and your feet flat on your toes. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and rest your arms on the seat pad. Hold the bar with an overhand grip and your arms straight and your hands resting on the pads. Return to the starting position.

Muscles affected: C, L, K

**11 LEG PRESS**

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

Muscles affected: M, L, M, K

**12 LEG EXTENSION**

Sit on the seat and position your feet under the pads on the leg extension. Place your hands on the handles and extend your legs straight and strong. Return to the starting position.

Muscles affected: L, K

**13 LEG CURL**

Stand with the back of one leg resting against one of the pads on the leg curl. Hold the leg behind your knee. Return to the starting position. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your arms straight and your feet flat on your toes. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor cables. Hold the bar with an overhand grip. Extend your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Adjust the seat so the floor is parallel to the floor. Hold the handles, extend your arms straight and hold the ends of the bar with your hands. Do not use your toes. Return to the starting position.

Muscles affected: C, M, P, M

**18 TRICEPS EXTENSION**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: B, M

**19 CROSSOVER FLY**

Adjust the handles to the center. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: B, L, C, M

**20 BACK EXTENSION**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Adjust the seat so the floor is parallel to the floor. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M, T, K, M

**22 SHOE SWING**

Adjust the handles to the floor cables. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: C, L, M

**23 SHOULDER SHRUG**

Adjust the handles to the floor cables. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, C, P

**24 OVERHEAD EXTENSION**

Adjust the handles to the floor cables. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Adjust the handles to the floor cables. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: C, M

**26 FRONT RICKE**

Adjust the handles to the floor cables. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, C, M, P

**27 REEL ROCK**

Adjust the arms down to the floor cables. Hold the bar into the center of the floor cables. Hold your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: M, M, M

**28 HIP ADDUCTION**

Adjust the arms up to the floor cables. Hold the bar into the center of the floor cables. Hold your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTOR**

Adjust the arms down to the floor cables. Hold the bar into the center of the floor cables. Hold your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: D, M

**30 STEAMING CURL**

Adjust the bar to the floor cables. Hold the bar into the center of the floor cables. Hold your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position. Do every two seconds. Hold the bar with your arms straight and your feet flat on your toes. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Adjust the handles to the floor cables. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, C, D, C

**32 BENT LATERAL RAISE**

Adjust the handles to the floor cables. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, C, D, C

**33 FRONT RAISE**

Adjust the handles to the floor cables. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, P, M

**34 UPRIGHT ROW**

Adjust the handles to the floor cables. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

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

**35 BENT ROW**

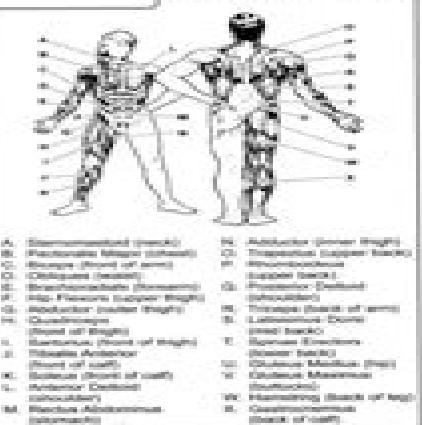
Adjust the handles to the floor cables. Hold the handles with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

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

**36 SQUAT ROW**

Adjust the seat so the floor is parallel to the floor. Hold the bar with your arms straight and your feet flat on your toes. Do not use your toes. Return to the starting position.

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

**MUSCLE CHART**

- 1. Deltoid (lateral head)
- 2. Deltoid (middle head)
- 3. Deltoid (posterior head)
- 4. Rectus abdominis (rectus)
- 5. Rectus abdominis (external oblique)
- 6. Rectus abdominis (internal oblique)
- 7. Rectus abdominis (transversus abdominis)
- 8. Abductor (inner thigh)
- 9. Abductor (outer thigh)
- 10. Gluteus (posterior)
- 11. Gluteus (middle)
- 12. Gluteus (frontal)
- 13. Biceps (long head)
- 14. Biceps (short head)
- 15. Brachialis (long head)
- 16. Brachialis (short head)
- 17. Brachioradialis (long head)
- 18. Brachioradialis (short head)
- 19. Brachioradialis (biceps brachii)
- 20. Brachioradialis (triceps brachii)
- 21. Brachioradialis (lateral trapezius)
- 22. Brachioradialis (deltoid)
- 23. Brachioradialis (posterior deltoid)
- 24. Brachioradialis (posterior trapezius)
- 25. Brachioradialis (posterior latissimus dorsi)
- 26. Brachioradialis (posterior deltoid)
- 27. Brachioradialis (posterior latissimus dorsi)
- 28. Brachioradialis (posterior trapezius)
- 29. Brachioradialis (posterior latissimus dorsi)
- 30. Brachioradialis (posterior deltoid)
- 31. Brachioradialis (posterior latissimus dorsi)
- 32. Brachioradialis (posterior trapezius)
- 33. Brachioradialis (posterior deltoid)
- 34. Brachioradialis (posterior latissimus dorsi)
- 35. Brachioradialis (posterior trapezius)
- 36. Adductor (inner thigh)
- 37. Adductor (outer thigh)
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# Weider Exercise Guide

**Emilie Sanchez**

## Weider Exercise Guide:

**Argos catalogue 1989 -1990 old vintage book** KCC, Argos catalogue 1989 1990 old vintage book     **The Edge** Ben Weider,Joe Weider,Daniel Gastelu,2003-01-27 Ben and Joe Weider are the legendary founders of the modern fitness movement Their name is synonymous with athletic excellence and their proven programs have created champion bodybuilders and sports professionals for more than fifty years making Weider Nutrition International the number one sports nutrition company in the world Now in The Edge the Weiders share the training secrets of the pros that can help anyone interested in fitness achieve peak performance Here s why athletes and weekend warriors alike need The Edge Cutting edge research The most advanced scientific research on supplements and nutrition informs the book offering readers a definitive guide to natural performance enhancing supplements as an alternative to steroids Specificity Fitness goals weight training and nutrition programs tailored to individual needs The Weider Triangle Method This simple program combines weight training nutrition and skill training Variable Weight Training As the founders of the International Federation of Bodybuilders nobody knows more than the Weiders about weight training All of the recommended exercises are demonstrated in photographs by natural bodybuilding champions Mike O Hearn and Gea Johnson Dynanutrition A revolutionary nutrition program based on the Weiders 10 Commandments of Nutrition The Edge is an effective prescription for anyone who wants to be on top of their game and look their best while they re playing it     **The Edge** Ben Weider,2003     *Dr. Gallagher's Guide to 21st Century Medicine* Atlas Publishing Company,Martin P. Gallagher,1997-08

**Ebony**,1976-03 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     **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     **TV Guide** ,1975     **Ebony** ,1975-12 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     *McCall's* ,1976-04     **The EBay Price Guide** Julia L. Wilkinson,2006 Provides lists of selling prices of items found on eBay in such categories as antiques boats books cameras coins collectibles dolls DVDs real estate stamps tickets and video games     **Ebony** ,1975-10 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     **Shape** ,1996

**Nuestro** ,1977     **Popular Mechanics** ,1975-02 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     *Ebony* ,1976-04 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     **Fighting Fat** Wendy Mitchinson,2018-01-01 While

the statistics for obesity have been alarming in the twenty first century concern about fatness has a history In Fighting Fat Wendy Mitchinson discusses the history of obesity and fatness from 1920 to 1980 in Canada Through the context of body medicine weight measurement food studies fat studies and the identity of those who were fat Mitchinson examines the attitudes and practices of medical practitioners nutritionists educators and those who see themselves as fat Fighting Fat analyzes a number of sources to expose our culture's obsession with body image Mitchinson looks at medical journals both their articles and the advertisements for drugs for obesity as well as magazine articles and advertisements including popular before and after weight loss stories Promotional advertisements reveal how the media encourages negative attitudes towards body fat The book also includes over 30 interviews with Canadians who defined themselves as fat highlighting the emotional toll caused by the stigmatizing of fatness     **Willing's Press Guide** ,2004 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts

**Aquatic Exercise** Ruth Sova,1993     **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     **Forbes** ,1987

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## Weider Exercise Guide Introduction

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