

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Set on the seat and hold the handles with an overhead grip. Place your elbows under your legs until fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, H

2 MILITARY PRESS

Adjust the system as required for the exercise. Sit on the seat and grasp the arms with an overhead grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, H

3 BUTTERFLY

Sit on the seat and place your arms on 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 overhead grip. Keep your arms at your sides and rise up on your heels. Return to the starting position.

Muscles affected: K, H

5 SQUAT

Hold the handles with an overhead grip, and straighten your legs. Slowly bend your legs as shown. Do not allow your lower back to round. Return to the starting position.

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Place the curl bar with your back to the seat and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Repeat with the other leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: L, F, W

7 VERTICAL KNEE RAISE

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

Muscles affected: F, H

8 ASSISTED DIP

Grab the cleaved weight holding. Grasp the bar 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

Grab 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, B, D, P, S

10 PREACHER CURL

Sit on the seat and rest your arms on the curl bar. Hold the bar with an overhead grip and extend your arms. Slowly curl the bar back 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 the bar until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, H, K

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. Place the leg lever by bending your legs as shown. Return to the starting position.

Muscles affected: H

14 AB CRUNCH

Attach the ab straps to the ab cuffs. Hold the ab straps over your shoulders. Lean forward, bending at your waist and keeping your back straight.

Muscles affected: H

15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhead grip. Keep your arms at your sides and bend the elbows. Return to the starting position.

Muscles affected: C, B

16 STIFF ARM PUSHDOWN

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

Muscles affected: C, B, 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 overhead grip. Pull the bar down to level of your knees. Return to the starting position.

Muscles affected: C, B, R, 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 elbows bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: C, B

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 lat bar against your chest as shown. 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. Bend your knees and hold the lat bar over your feet with your arms straight, keeping your arms and back straight, and your head up. Return to the starting position.

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

22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downward, and hold the handle over your head with your arm straight, and your head up. Return to the starting position.

Muscles affected: C, B, M

23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms straight and hold the lat bar with an overhead grip. Keep your arms at your sides. Shrug your shoulders up and down. Return to the starting position.

Muscles affected: C, Q, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhead grip. Extend your arm forward, lifting the handle over your head. Return to the starting position.

Muscles affected: C, B

25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm straight and hold the handle with an overhead grip. Keep your elbows at your side 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 and extend one leg forward into the ankle strap. Keep your leg straight and move it forward as shown. Return to the starting position.

Muscles affected: F, D, H, I

27 HEEL KICK

Attach the ankle strap to the low cable. Stand and extend one leg into the ankle strap. Kick 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 extend your inside leg over your knee. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: L, H

29 HIP ABDUCTION

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

Muscles affected: S, W

30 BRANDING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar with an overhead grip. Keep your arms at your sides and curl the bar up toward your chest. Return to the starting position. To vary the exercise, use the lat bar with an overhead grip.

Muscles affected: C, B

31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm 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 handles to the low cable. Stand sideways and bend forward, extend one arm sideways, 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: C, Q

33 FRONT RAISE

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

Muscles affected: L, P, D

34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhead grip. Pull the curl bar to your chest. Return to the starting position.

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

35 BENT ROW

Attach the handles to the low cable. Stand forward, extend your arms, and bend the handles with an overhead grip. Pull the handles toward your chest. Return to the starting position.

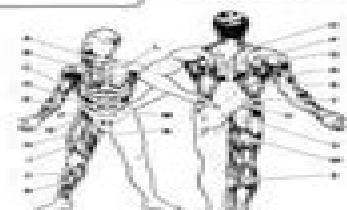
Muscles affected: C, B, D, P, Q, S, T

36 SEATED ROW

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

Muscles affected: C, B, D, 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. Triceps (back of arm) | Q. Latissimus Dorsi |
| E. Brachioradialis (forearm) | R. Erector Spinae (lower back) |
| F. Hip Flexors (upper thigh) | S. Gluteus Medius (hip) |
| G. Adductor (inner thigh) | T. Gluteus Maximus |
| H. Quadriceps (front of thigh) | U. Hamstrings (back of leg) |
| I. Sartorius (front of thigh) | V. Gastrocnemius (back of calf) |
| J. Rectus Abdominis (stomach) | |
| K. Rectus of calf | |
| L. Soleus (back of calf) | |
| M. Peroneus (back of calf) | |
| N. Peroneus (back of calf) | |
| O. Trapezius (upper back) | |
| P. Rhomboides | |
| Q. Latissimus Dorsi | |
| R. Erector Spinae (lower back) | |
| S. Gluteus Medius (hip) | |
| T. Gluteus Maximus | |
| U. Hamstrings (back of leg) | |
| V. Gastrocnemius (back of calf) | |

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