

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your arms until your elbows are 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 overhand 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 as shown. Press 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 overhand 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 overhand 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, Q, H

6 ALTERNATE LEG RAISE

Attach the VCR arms with your back to the system and your arms extended. Slowly raise one leg until it is parallel with the floor. Lower your leg. Repeat with your other leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, H

7 VERTICAL KNEE RAISE

Mount the VCR arms with your back to the system and your arms extended. Slowly raise your legs as high as they will go. Keep your legs straight and your feet flat on the floor. Return to the starting position.

Muscles affected: F, H

8 ASSISTED DIP

Select the desired weight setting. Grasp the dip 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, F, Q, R, S

9 PULL-UP

Adjust the pulley 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, E, S, F, S

10 PREACHER CURL

Sit on the seat and rest your arms on the bar pad. Hold the bar with an overhand grip and extend your arms. Slowly curl the bar toward your chest. Return to the starting position.

Muscles affected: C, E

11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the bar down on your knees 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. Raise the leg lever by bending your knee as shown. Return to the starting position.

Muscles affected: H

14 AB CRUNCH

Attach the ab straps to the ab cable. Hold the ab straps over your shoulders. Lower the ab cable until your feet are flat on the floor and your back is straight. Return to the starting position.

Muscles affected: H

15 TRICEPS PRESS DOWN

Attach the bar to the high cable. Facing the system, hold the bar with an overhand grip. Keep your arms straight and your feet flat on the floor. Return to the starting position.

Muscles affected: E, H

16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Hold the bar with an overhand grip. Your hands should be shoulder-width apart. While your arms are straight, push the bar forward and down. Return to the starting position.

Muscles affected: E, F, H, S

17 LAT PULL-DOWN

Attach the bar to the high cable. Sit facing the system, extend your arms up, and hold the ends of the bar with an overhand grip. Pull the bar down to your chest. Return to the starting position.

Muscles affected: C, E, F, S

18 TRICEPS EXTENSION

Attach the bar to the high cable. Sit on the seat and hold the bar above your head with your elbows close to your head. Extend your arms straight up. Return to the starting position.

Muscles affected: E, H

19 CROSSOVER FLY

Adjust the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and your feet flat on the floor. Return to the starting position.

Muscles affected: B, L, Q, S

20 BACK EXTENSION

Attach the bar to the low cable. Sit on the seat and hold the bar with an overhand grip. Keep your back straight and bend back at your knees. Return to the starting position.

Muscles affected: F

21 DEAD LIFT

Attach the bar to the low cable. Stand with your feet flat on the floor and your arms straight. Bend your knees and lift the bar up until your feet are flat on the floor. Return to the starting position.

Muscles affected: E, H, F, S, H

22 SIDE BEND

Adjust the handles to the low cable. Stand sideways and bend forward, extend one arm downward, and hold the handle with your other arm straight. Return to the starting position.

Muscles affected: D, E, H

23 SHOULDER SHRUG

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

Muscles affected: E, Q, F

24 OVERHEAD EXTENSION

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

Muscles affected: E, H

25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm down and hold the handle with an overhand grip. Keep your arm at your side and curl the handle toward your chest. Return to the starting position.

Muscles affected: C, E

26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your feet flat on the floor and your arms straight. Kick your leg forward and hold it forward as shown. Return to the starting position.

Muscles affected: F, S, H, S

27 HEEL KICK

Attach the ankle strap to the low cable. Stand with your feet flat on the floor and your arms straight. Kick your leg back as shown. Return to the starting position.

Muscles affected: Q, V, H

28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and extend your inside leg into the ankle strap. 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, H

30 BRANDED CURL

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

Muscles affected: C, E

31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm straight out to the side, 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 handle to the low cable. Stand sideways and bend forward, extend one arm downward, and hold the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: Q, Q

33 FRONT RAISE

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

Muscles affected: L, F, Q

34 UPRIGHT ROW

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

Muscles affected: Q, E, L, Q, F, Q

35 BENT ROW

Attach the handle to the low cable. Stand forward, extend your arms, and hold the handle with an overhand grip. Keeping your back straight, pull the handle toward your chest. Return to the starting position.

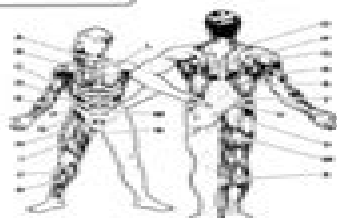
Muscles affected: C, E, Q, F, Q, S, F

36 SEATED ROW

Attach the bar to the low cable. Sit on the seat and hold the bar with an overhand grip. Pull the bar toward your chest until your back is straight. Return to the starting position.

Muscles affected: C, E, Q, F, Q, S, F

MUSCLE CHART



- A. Deltomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Oblique (waist)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Adductor (inner thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Gluteus (back of thigh)
- K. Soleus (back of calf)
- L. Gastrocnemius (calf)
- M. Rectus Abdominus (abdomen)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboides (upper back)
- Q. Pectoralis (chest)
- R. Latissimus (back of arm)
- S. Latissimus (back)
- T. Erector Spinae (lower back)
- U. Gluteus Medius (back)
- V. Gluteus Maximus (back)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

Weider Machine Workout Guide

Bill Pearl

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Weider Machine Workout Guide:

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 Joe Weider's Ultimate Bodybuilding Joe Weider,1999 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 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 Bowker's Complete Video Directory ,1998 **Shape** ,1996 **Make Your Body a Fat-Burning Machine** John Abdo,2002-09-14 With cyberspace and the hypnotic pull of television screens keeping us seated and motionless for at least five hours a day not to mention our passion for rich greasy sugar laden foods we of the 21st century have evolved into an all you can eat all you can watch society even though survey after survey shows we know better and despite the fact that many of us really and truly want leaner healthier more efficient bodies At 45 years old and with a body fat level of just five percent John Abdo is proof of how simple healthy lifestyle choices can result in a tighter and leaner body Trainer of elite athletes such as gold medal speed skater Bonnie Blair and three time world power lifting champion Craig Tokarski Abdo is the inventor of and spokesman for the fastest selling exercise equipment in America the AB DOer Make Your Body a Fat Burning Machine provides A detailed explanation of how an intelligently designed eating and exercise program can turbo charge the metabolic process to create an efficient and enduring fat incinerator An easy to understand nonthreatening exercise program that takes just 10 to 15 minutes at a time yet burns more fat than traditional aerobic exercise Nutritional guidelines rather than a rigid diet Self assessment tests to help identify needs and track progress The 30 Day meltdown a quick start exercise and nutrition regimen that enables the loss of up to 25 pounds of fat in

the first month Low fat easy to prepare nutritionally balanced recipes A troubleshooting guide for dealing with setbacks adjustments and time management Finally Make Your Body a Fat Burning Machine provides the information and support needed to incorporate this program and ideas into a permanent way of life [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 **Nutrition and Training for Women Bodybuilders** Joe Weider,1984 *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 **Weider Super Flushing Technique** Dennis B. Weis,2022-01-01 The basic premise of the Joe Weider Super Flushing Technique suggests as different from his brief and clear quote above to 1979 IFBB Mr Olympia competitor Dennis Tinerino a bodybuilder should do flushing or feeder workouts where a variety of exercises are used with light weights of perhaps 30 to 50 percent of a one rep max for sets of 20 to 30 repetitions **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 **Subject Guide to Books in Print** ,1993 **Pumping Up!** Ben Weider,Robert Kennedy,1985 Illustrated instructions and photos describe how to develop a weighttraining routine for women [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

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 - Chapter 2: Essential Elements of Weider Machine Workout Guide
 - Chapter 3: Weider Machine Workout Guide in Everyday Life
 - Chapter 4: Weider Machine Workout Guide in Specific Contexts
 - Chapter 5: Conclusion
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- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Weider Machine Workout Guide.

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Table of Contents Weider Machine Workout Guide

1. Understanding the eBook Weider Machine Workout Guide
 - The Rise of Digital Reading Weider Machine Workout Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Weider Machine Workout Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weider Machine Workout Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weider Machine Workout Guide
 - Personalized Recommendations
 - Weider Machine Workout Guide User Reviews and Ratings
 - Weider Machine Workout Guide and Bestseller Lists
5. Accessing Weider Machine Workout Guide Free and Paid eBooks
 - Weider Machine Workout Guide Public Domain eBooks
 - Weider Machine Workout Guide eBook Subscription Services
 - Weider Machine Workout Guide Budget-Friendly Options
6. Navigating Weider Machine Workout Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Weider Machine Workout Guide Compatibility with Devices
 - Weider Machine Workout Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weider Machine Workout Guide
 - Highlighting and Note-Taking Weider Machine Workout Guide
 - Interactive Elements Weider Machine Workout Guide
8. Staying Engaged with Weider Machine Workout Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Weider Machine Workout Guide
- 9. Balancing eBooks and Physical Books Weider Machine Workout Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weider Machine Workout Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Weider Machine Workout Guide
 - Setting Reading Goals Weider Machine Workout Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weider Machine Workout Guide
 - Fact-Checking eBook Content of Weider Machine Workout Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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