

# WEIDER

# WEIGHT SYSTEM EXERCISE GUIDE

## 1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Push your arms until your upper arms are straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

## 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, R

## 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 as far as possible. Return to the starting position.

Muscles affected: K, R

## 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 arch. Return to the starting position.

Muscles affected: H, L, V, W

## 6 ALTERNATE LEG RAISE

Secure the VCR arms with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Repeat raising your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W

## 7 VERTICAL KNEE RAISE

Mount the VCR arms with your back to the system and your arms supporting your weight. Slowly raise your knees as high as they will go. Keep your legs straight and your arms supporting your legs. Return to the starting position.

Muscles affected: F, W

## 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, P, Q, R, S

## 9 PULL-UP

Grasp 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, E, S, P, S, R

## 10 PREACHER CURL

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

Muscles affected: H, V, W, 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 level by bending your legs 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. Lean forward, bending at your waist and keeping your back straight.

Muscles affected: W

## 15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Keep your arms at your sides and curl the lat bar until your arms are straight. Return to the starting position.

Muscles affected: C, E

## 16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Hold the lat bar with an overhand grip. Your hands should be shoulder-width apart. With your arms straight, push the lat bar forward over your head. Return to the starting position.

Muscles affected: E, P, 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 overhand grip. Pull the lat bar down in front of your face. Return to the starting position.

Muscles affected: C, E, P, 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, E

## 19 CROSSOVER FLY

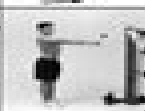
Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

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 with an overhand grip. Straighten your legs, keeping your arms and back straight, and your head up. Return to the starting position.

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

## 22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downward, and hold the handle. Keep your arms at your sides and bend to the side as shown. Return to the starting position.

Muscles affected: C, E, M

## 23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms downward and hold the lat bar with an overhand grip. Keep your arms at your sides, shrug your shoulders up, and return to the starting position.

Muscles affected: E, Q, P

## 24 OVERHEAD EXTENSION

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

Muscles affected: E, S

## 25 ISOLATION CURL

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

Muscles affected: F, Q, P, S

## 27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap with your heel against the bar. 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 insert your inside leg into the ankle strap. Keep your arms straight and move it to the side. Return to the starting position.

Muscles affected: L, R

## 29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert 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, V

## 30 STRANDED CURL

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

Muscles affected: C, E



## 31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm forward, extend one arm downward, 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: L, Q, Q

## 32 BENT LATERAL RAISE

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downward, 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 downward and hold the lat bar with an overhand grip. Keeping your arms straight, raise the lat bar until your hands are level with your shoulders. Return to the starting position.

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

## 35 BENT ROW

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

Muscles affected: C, E, Q, P, Q, S, T

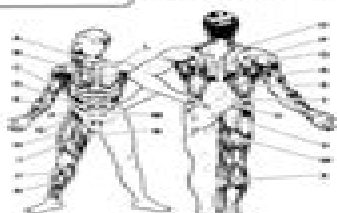
## 36 SEATED ROW

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

Muscles affected: C, E, Q, 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 (upper back)       |
| D. Triceps (back of arm)       | Q. Pectorator Deltoid (shoulder) |
| E. Hip Flexors (upper thigh)   | R. Adductor (back of arm)        |
| F. Adductor (inner thigh)      | S. Latissimus Dorsi (lower back) |
| G. Quadriceps (front of thigh) | T. Spine Erectors (lower back)   |
| H. Sartorius (front of thigh)  | U. Gluteus Medius (hip)          |
| I. Gluteus Medius (hip)        | V. Gluteus Maximus (buttock)     |
| J. Soleus (back of calf)       | W. Hamstring (back of leg)       |
| K. Gastrocnemius (calf)        | X. Gastrocnemius (back of calf)  |
| L. Rectus Abdominus (abdomen)  |                                  |

# Weider Pro Exercise Guide

**TD Snyder**

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

## **Weider Pro Exercise Guide:**

**The Complete Guide To Herbal Medicines** Charles W. Fetrow, Juan R. Avila, 2000-09 Each herbal medicine entry contains information on why people use the herb what the research shows common doses side effects interactions with drugs important points to remember and references to scientific studies

**Ultimate Core Ball Workout** Jeanine Detz, 2005-06 Transform your core muscles with unstable workouts using the exercise ball with this revolutionary fitness book from author Jeanine Detz From shapely abs to the Pilates Powerhouse core strengthening has become the main focus for today's exercise enthusiasts Now Ultimate Core Ball Workout takes core training to a higher level with its on the ball variations of traditional mat exercises The unique benefits of ball training enable the program in Ultimate Core Ball Workout to produce better results in less time Any crunch will work the abs but this book's crunch on the ball simultaneously engages the stabilizing muscles of the abdomen and lower body working more muscle and producing a more sculpted midsection faster The exercises outlined in this book are suitable for all levels from beginner to fitness professional and the photo sequences and clearly written captions teach proper techniques Offering more than just good looking abs the program in Ultimate Core Ball Workout produces numerous health and fitness benefits including a stronger more supportive back improved posture better performance in sports and even more enjoyable sex Plus each exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time

**Dr. Gallagher's Guide to 21st Century Medicine** Atlas Publishing Company, Martin P. Gallagher, 1997-08

**Consumer Buying Guide 2000** Consumer Guide Editors, 2000-02

**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

*Dr. Bob Arnot's Guide to Turning Back the Clock* Bob Arnot, 2009-11-11 In his bestselling Guide to Turning Back the Clock Dr Bob Arnot showed men everywhere how to look younger feel younger be younger Now in his new book he reveals the secrets of permanent weight loss for both men and women and gives us a breakthrough eating plan for the twenty first century Drawing on up to the minute research in many disciplines Arnot demonstrates that foods act like drugs on the body some invariably promote weight gain and make us feel terrible others almost guarantee weight loss and make us feel terrific Armed with these findings Arnot shows step by step how anyone can discover new energy shed unwanted pounds and never suffer from hunger pangs simply by eating the right foods in the right combinations Complete with the most potent food charts ever assembled a complete arsenal of foods to promote weight control plus fat loss accelerators fat ripping exercises tips on dining in restaurants and much more Dr Bob Arnot's Perfect Weight Control for Men and Women is the ultimate guide for everyone who wants to feel great lose weight and look great

*Playgirl*, 1975

*Career Opportunities in the Sports Industry, Third Edition* Shelly Field, 2009 Praise for the previous edition This comprehensive updated edition is a necessary reference book for all interested in a career in sports

ChoiceWith America's continued quest for health and fitness sports have become **I Love Boston Guide** Marilyn J. Appleberg, 1987 *Subject Guide to Books in Print*, 2001 **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 **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 Shape, 1996 *Exercise Physiology* Stanley P. Brown, Wayne C. Miller, Jane M. Eason, 2006 Bridging the gap between exercise physiology principles and clinical practice this text provides comprehensive coverage of both traditional basic science and clinical exercise physiology principles The book presents clinical applications and examples that connect theory to practice More than 500 full color illustrations and numerous graphs and tables complement the text Reader friendly features including Perspective Boxes Research Highlights Biography Boxes and Case Studies engage readers and reinforce key concepts A bonus three dimensional interactive anatomy CD ROM from Primal Pictures and a Student Resource CD ROM accompany the book LiveAdvise online faculty support and student tutoring services are available free with the text *Willing's Press Guide*, 2003 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 **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 **Medical and Health Care Books and Serials in Print**, 1997 Evolution Joe Manganiello, 2013-12-03 A comprehensive yet straightforward and effective roadmap to better health and fitness Shawn Perine editor in chief of Muscle Fitness this accessible guidebook reveals exactly how to get the body of one of Hollywood's hottest stars promising to turn any Average Joe into a Joe Manganiello With a build that men envy and women adore Joe Manganiello is more than qualified to write the end all guide to sculpting the perfect body His fit physique catapulted him to the top of the list of Hollywood's most desired male actors following his memorable performances in HBO's hit show True Blood and in the Magic Mike films In Evolution Manganiello

shares his lifetime of experience and research in terms of diet cardio and anatomy to bring you the only fitness book you'll ever need in order to look and feel your best Featuring black and white photographs and Manganiello's step by step workout routine that combines weights intense cardio and a high protein diet      **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      *Best Buy Book 2000* Consumer Guide, Consumer Guide Editors, 2000-03 Expert product evaluations and price analyses lead readers through the maze of merchandise to find the best buys on everything from computers and cameras to vacuum cleaners and bread machines Included are valuable facts features prices reviews tips and best budget buys for 465 products 150 photos

This book delves into Weider Pro Exercise Guide. Weider Pro Exercise Guide is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Weider Pro Exercise Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to Weider Pro Exercise Guide
  - Chapter 2: Essential Elements of Weider Pro Exercise Guide
  - Chapter 3: Weider Pro Exercise Guide in Everyday Life
  - Chapter 4: Weider Pro Exercise Guide in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Weider Pro Exercise Guide. The first chapter will explore what Weider Pro Exercise Guide is, why Weider Pro Exercise Guide is vital, and how to effectively learn about Weider Pro Exercise Guide.
3. In chapter 2, the author will delve into the foundational concepts of Weider Pro Exercise Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Weider Pro Exercise Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Weider Pro Exercise Guide in daily life. The third chapter will showcase real-world examples of how Weider Pro Exercise Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Weider Pro Exercise Guide in specific contexts. This chapter will explore how Weider Pro Exercise Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Weider Pro Exercise Guide. This chapter will summarize the key points that have been discussed throughout the book.

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 Pro Exercise Guide.

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## **Table of Contents Weider Pro Exercise Guide**

1. Understanding the eBook Weider Pro Exercise Guide

- The Rise of Digital Reading Weider Pro Exercise Guide
- Advantages of eBooks Over Traditional Books
- 2. Identifying Weider Pro Exercise 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 Pro Exercise Guide
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Weider Pro Exercise Guide
  - Personalized Recommendations
  - Weider Pro Exercise Guide User Reviews and Ratings
  - Weider Pro Exercise Guide and Bestseller Lists
- 5. Accessing Weider Pro Exercise Guide Free and Paid eBooks
  - Weider Pro Exercise Guide Public Domain eBooks
  - Weider Pro Exercise Guide eBook Subscription Services
  - Weider Pro Exercise Guide Budget-Friendly Options
- 6. Navigating Weider Pro Exercise Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Weider Pro Exercise Guide Compatibility with Devices
  - Weider Pro Exercise Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Weider Pro Exercise Guide
  - Highlighting and Note-Taking Weider Pro Exercise Guide
  - Interactive Elements Weider Pro Exercise Guide
- 8. Staying Engaged with Weider Pro Exercise Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Weider Pro Exercise Guide

9. Balancing eBooks and Physical Books Weider Pro Exercise Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Weider Pro Exercise Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Weider Pro Exercise Guide
  - Setting Reading Goals Weider Pro Exercise Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Weider Pro Exercise Guide
  - Fact-Checking eBook Content of Weider Pro Exercise 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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