

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your elbows as shown. Keep your back straight. Fully extend your arms. Return to the starting position.

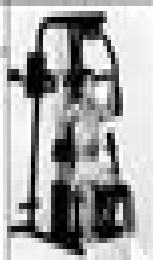
Muscles affected: B, L, R



2 MILITARY PRESS

Adjust the system as required for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keep 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

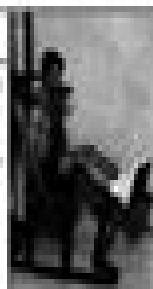
Hold the handles with an overhand grip. Keep your arms at your sides and raise up on your toes as far as



11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press forward until your legs are fully extended. Do not lock your knees. Return to the starting position.

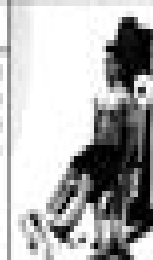
Muscles affected: B, V, W, R



12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Raise the leg lever until your legs are straight. Return to the starting position.

Muscles affected: R



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 leg as shown. Return to the starting position.

Muscles affected: R



14 AB CRUNCH

Attach the ab straps to the ab cable. Hold the ab straps over your shoulders. Tense stomach muscles as you



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.

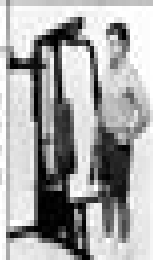
Muscles affected: B, R, T, V, W



22 SIDE BEND

Attach the handle 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: B, E, R



23 SHOULDER SHRUG

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

Muscles affected: L, Q, P



24 OVERHEAD EXTENSION

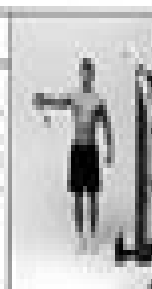
Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Tense arms and



31 LATERAL RAISE

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

Muscles affected: L, Q, O



32 BENT LATERAL RAISE

Attach the handle 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.

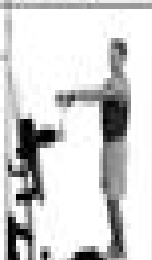
Muscles affected: Q, O



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, R, O



34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Lift the curl bar to chest level



Weider Pro Exercise Chart

Ben Weider, Joe Weider, Daniel Gastelu

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

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Table of Contents **Weider Pro Exercise Chart**

1. Understanding the eBook **Weider Pro Exercise Chart**
 - The Rise of Digital Reading **Weider Pro Exercise Chart**
 - Advantages of eBooks Over Traditional Books
2. Identifying **Weider Pro Exercise Chart**
 - 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 Chart**
 - User-Friendly Interface
4. Exploring eBook Recommendations from **Weider Pro Exercise Chart**
 - Personalized Recommendations
 - **Weider Pro Exercise Chart** User Reviews and Ratings
 - **Weider Pro Exercise Chart** and Bestseller Lists

5. Accessing Weider Pro Exercise Chart Free and Paid eBooks
 - Weider Pro Exercise Chart Public Domain eBooks
 - Weider Pro Exercise Chart eBook Subscription Services
 - Weider Pro Exercise Chart Budget-Friendly Options
6. Navigating Weider Pro Exercise Chart eBook Formats
 - ePub, PDF, MOBI, and More
 - Weider Pro Exercise Chart Compatibility with Devices
 - Weider Pro Exercise Chart Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weider Pro Exercise Chart
 - Highlighting and Note-Taking Weider Pro Exercise Chart
 - Interactive Elements Weider Pro Exercise Chart
8. Staying Engaged with Weider Pro Exercise Chart
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weider Pro Exercise Chart
9. Balancing eBooks and Physical Books Weider Pro Exercise Chart
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weider Pro Exercise Chart
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Weider Pro Exercise Chart
 - Setting Reading Goals Weider Pro Exercise Chart
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Weider Pro Exercise Chart
 - Fact-Checking eBook Content of Weider Pro Exercise Chart
 - 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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