

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PNEUS

Place the feet on the bar and hold the handles with an overhand grip. Push your elbows as far apart as possible and pull your hands to the starting position.

Muscles affected: B, L, R

2. MILITARY PRESS

Adjust the pulleys so located by the pulleys on the machine. Push the arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: L, R, B

3. BUTTERFLY

Place your arms and feet on the bar. Push your arms straight out. Push the handles with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

4. CALT RAISE

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

5. SQUAT

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

6. ALTERNATE LEG RAISE

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

7. VERTICAL KNEE RAISE

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

8. ASSISTED DIP

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

9. PNEUS

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

10. PNEUS

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

11. LEG PRESS

Place the feet on the bar and hold the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

12. LEG EXTENSION

Place the feet on the bar and hold the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

13. LEG CURL

Place the feet on the bar and hold the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

14. AB CRUNCH

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

16. STIFF ARM PUSHDOWN

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

17. LAT PULL DOWN

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

18. TRICEPS EXTENSION

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

19. OVERSHOULDER FLX

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

20. BACK EXTENSION

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

21. DEAD LIFT

Place the feet on the bar and hold the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

22. SIDE BEND

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

23. SHOULDER DRAG

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

24. LEG EXTENSION

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

25. ISOLATION CURL

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

26. FRONT KICK

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

27. HEEL KICK

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

28. HIP ADDUCTOR

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

29. HIP ADDUCTOR

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

30. BACK EXTENSION

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

31. LATERAL RAISE

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: L, R, B

32. BENT LATERAL RAISE

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

33. FRONT RAISE

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: L, R, B

34. UPRIGHT ROW

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

35. BENT ROW

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B, L

36. SEATED ROW

Place the handles with an overhand grip. Push your arms straight out. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B, L

MUSCLE CHART



- 1. PNEUS
- 2. MILITARY PRESS
- 3. BUTTERFLY
- 4. CALT RAISE
- 5. SQUAT
- 6. ALTERNATE LEG RAISE
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- 27. HEEL KICK
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- 29. HIP ADDUCTOR
- 30. BACK EXTENSION
- 31. LATERAL RAISE
- 32. BENT LATERAL RAISE
- 33. FRONT RAISE
- 34. UPRIGHT ROW
- 35. BENT ROW
- 36. SEATED ROW

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IMPORTANT: Read the instructions carefully before using the machine.

Weider Home Gym Thigh Exercise Guide

M Mosston

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

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