

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Push your arms up until your legs are fully extended. Do not lock your knees. 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. Do not lean forward. Return to the starting position.

Muscles affected: K, H

5 SQUAT

Hold the handles with an overhand grip, and straighten your legs. Slowly lower your legs as shown. Do not allow your lower back to go into flexion. Rise to the starting position. Return to the starting position.

Muscles affected: H, L, Q, H

6 ALTERNATE LEG RAISE

Place the right arm 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, H

7 VERTICAL KNEE RAISE

Mount the right arm 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 as close to your body as possible. Return to the starting position.

Muscles affected: K, 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, R, Q, R, B

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, R, B

10 PREACHER CURL

Sit on the seat and rest your arms on the curl 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, B

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: 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 seats on the leg lever. Place the leg lever by leaning your leg as shown. Return to the starting position.

Muscles affected: H

14 AB CRUNCH

Attach the ab straps to the ab cables. Hold the ab straps over your shoulders. Lean forward, rounding 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 overhand grip. Keep your arms at your sides and push the lat bar down until your arms are straight. Return to the starting position.

Muscles affected: B, H

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: B, R, H, B

17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms and hold the ends of the lat bar with an overhand grip. Pull the lat bar down as close to your face as possible. Return to the starting position.

Muscles affected: C, E, R, B

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: B, H

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, B

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. Stand with your feet on the bar. Bend your knees and hold the bar with an overhand grip. Keep your back straight, and your head up. Return to the starting position.

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

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: D, E, H

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. 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 arm upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, B

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, B

26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your feet on the bar. Kick your leg forward and hold it straight. Return to the starting position.

Muscles affected: K, B, H, I

27 REEL KICK

Attach the ankle strap to the low cable. Hold one leg into the ankle strap with your knee slightly bent. Kick your leg back as shown. Return to the starting position.

Muscles affected: L, V, H

28 HIP ADDUCTION

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

30 STRAINGING 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 up toward your chest. Return to the starting position. To vary this exercise, hold the lat bar with an overhand grip.

Muscles affected: C, B

31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm and hold the handle. Keep your arm straight and 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. Keep your arm straight and raise 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 lat bar to the low cable. Extend your 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. Stand 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.

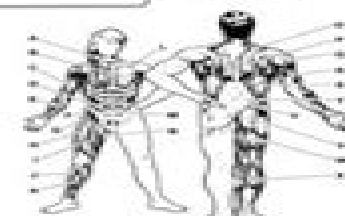
Muscles affected: C, E, D, P, Q, S, T

36 SEATED ROW

Attach the curl bar to the low cable. Sit on the seat 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. Rhomboid |
| D. Triceps (back of arm) | Q. Triceps (back of arm) |
| E. Brachioradialis (forearm) | R. Pectoralis (chest) |
| F. Lat. Flexors (upper thigh) | S. Quadriceps (front of thigh) |
| G. Adductor (inner thigh) | T. Hamstrings (back of thigh) |
| H. Quadriceps (front of thigh) | U. Latissimus (loin) |
| I. Gluteus (back of thigh) | V. Erector Spinae (lower back) |
| J. Sartorius (front of thigh) | W. Gluteus Medius (hip) |
| K. Gluteus (back of thigh) | X. Gluteus Maximus (hip) |
| L. Soleus (back of calf) | Y. Hamstring (back of leg) |
| M. Gastrocnemius (calf) | Z. Gastrocnemius (back of calf) |

Weider Exercise Guide

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 authors' names.

Weider Exercise Guide:

Argos catalogue 1989 -1990 old vintage book KCC, Argos catalogue 1989 1990 old vintage book *The U.S. Navy Seal Guide to Fitness and Nutrition* Patricia A. Deuster, Pierre A. Pelletier, Anita Singh, 2007-05-17 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance **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 Bullet Proof Guide For: Bodybuilding, Fitness, Exercise, Supplementation, Diet, Training, & Mechanics Tom Mione, 2020-08-01 This is a complete guide that will walk you through step by step how to achieve the ultimate body that you desire You will be brought through how your body responds to each and every single muscle activating mechanic so you can generate the most amount of muscle hypertrophy We examine all forms of exercise from power resistance what splits to incorporate what targets the deepest rips into the muscle fibers You will learn how to define the perfect workout as well as how to supplement the right way The supplement market is flooded with misinformation and false promises We break down all protein sources supplements and drinks so you know what to put in your body when how much and why If you re looking to stand on stages one day or just trim down some extra body fat you will be taken through how the body works to achieve and maximize any result goal you have instore If your already an advanced lifter and want to gain a competitive edge we have you covered If your just starting out or just want to improve your strength size and confidence we have you covered **The Complete Guide to Strength Training Methods** Keven Arseneault, 2023-03-24 Finally the strength training book you ve been wishing for is here The Complete Guide to Strength Training Methods compiles more than 230 training techniques proven to increase strength power hypertrophy endurance flexibility and cardiovascular capacity Sport performance coach Keven Arseneault has spent over 20 years reading researching and testing various methods to determine the best training techniques In The Complete Guide to Strength Training Methods he assembles these into a comprehensive resource that allows you to add variety and get the most from your workouts Each method is presented on a single page that highlights the technique s advantages and disadvantages effects on different aspects of fitness and trainer tips The page also has a prescription table that includes intensity or load

reps and sets This practical approach provides you with everything you need to incorporate the method into your program immediately Throughout you will find programming tips to help you create your own training plan to fit your individual needs The eight sample programs provided can be followed as is or used as a blueprint for personalized programs Whether you are a fitness enthusiast working out at home a serious gym goer an athlete or a strength or fitness professional The Complete Guide to Strength Training Methods is the comprehensive yet practical resource you need to keep your workouts fresh challenging and on point to reach your goals The U.S. Navy SEAL Guide to Nutrition Patricia A. Deuster, Pierre A. Pelletier, Anita Singh, 2013-05-22 Learn to control your food intake and care for your body like a U S Navy *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 *Dr. Gallagher's Guide to 21st Century Medicine* Atlas Publishing Company, Martin P. Gallagher, 1997-08 **Pocket Orthopaedics** Michael Wong, 2010-09-15 The Orthopaedic Clinical Handbook is a pocket guide for students in any orthopedic course including physicians physical therapists and assistants chiropractors and athletic trainers This useful resource is organized in a manner that is helpful for both students and clinicians the reader will find the information they need easily as the information is organized by body regions and includes medical screening differential diagnosis tables origin insertion nerve supply and action of muscles Suggestions for evaluation post surgical rehab protocols and evidence based parameters for mod *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 Black Belt , 1974-08 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Therapist's Guide to Clinical Intervention** Sharon L. Johnson, 2017-06-09 Therapist s Guide to Clinical

Intervention Third Edition is an essential reference for providing clinical services and associated case formulations requiring formalized goals and objectives It is ideal for use in assessment treatment consultation completing insurance forms and or participating in managed care This practical hand on book outlines treatment goals and objectives for each type of psychopathology as defined by the diagnostic and statistical manual by the American Psychiatric Association It additionally provides skill building resources and samples of all major professional forms likely to be used in clinical treatment The third edition conveniently maps individualized treatment plans utilizing evidence based best practices and standards of care Diagnostic information is presented by associated disorder or theme for easier access New special assessments and skill building entries are included Also new are numerous website URLs associated with research articles and consumer resources have been provided to complement clinical information and patient education Outlines treatment goals and objectives for DSM IV diagnoses Presents evidence based best practices of intervention Provides the basis for assessing special circumstances Offers skill building resources to supplement treatment Contains samples for a wide range of business and clinical forms Supplies websites for additional clinical information and patient education The Navy Seal Nutrition Guide Patricia A. Deuster,1996-06 One factor they may contribute to a person s success in SEAL training is nutritional interventions Covers micronutrients vitamins carbohydrate fat vitamin fiber fluid replacement water healthy snacking restaurants fast foods nutritional considerations for endurance activities strength training mission performance mission recovery ergogenic agents Extensive appendices **Ebony** ,1976-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine Ebony ,1975-12 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *Subject Guide to Books in Print* ,2001 *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 **Training and**

Conditioning for MMA Stéfane Beloni Correa Dielle Dias, Everton Bittar Oliveira, André Geraldo Brauer Júnior, Pavel Vladimirovich Pashkin, 2022-09-08 The number of athletes training for and competing in mixed martial arts has skyrocketed to over 3.6 million making it one of the world's fastest growing sports To succeed fighters need to not only master various martial arts disciplines but also develop the physical stamina and mental endurance to dominate their opponents Based on the latest science and research Training and Conditioning for MMA details physical training nutrition and injury prevention for all martial arts disciplines It uses actual training programs and showcases real examples recurring in the day to day preparation of countless elite MMA fighters from the American Top Team UFC Bellator Sambo and Jiu Jitsu World Championships Collectively the 21 contributors to this book have trained over 200 amateur professional national and Olympic MMA champions including Amanda Nunes Junior Dos Santos Marcus Buchecha Almeida Mark Hunt Yoel Romero Hector Lombard and Glover Teixeira The quality and extent of the knowledge they share in these pages is simply unmatched in the world of MMA training resources Developed for combat athletes and the trainers and coaches who work with them Training and Conditioning for MMA is a complete manual for all training related aspects of MMA featuring the following Methodology of sports training including the periodization model used at American Top Team Principles for designing a fighter's training program Physical assessment of a fighter from body composition to flexibility Importance of nutrition in high level training More than 45 proven training programs for a wide range of martial arts disciplines athlete types and levels accompanied by photos of professional MMA fighters demonstrating exercises and techniques Prevention strategies for MMA related injuries Comprehensive yet practical Training and Conditioning for MMA is the definitive resource for success for developing future champions Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam TV Guide, 1975 **Paperbound Books in Print**, 1992

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