

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, 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. Return to the starting position.

Muscles affected: K, R

5 SQUAT

Hold the handles with an overhand grip, and straighten your legs. Slowly lower your body to the seat. Return to the starting position.

Muscles affected: H, L, Q, R

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, R

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, R

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, 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, R, S

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, E

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, Q, R, R

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: R

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 bending your legs as shown. Return to the starting position.

Muscles affected: R

14 AB CRUNCH

Attach the ab straps to the ab cables. Hold the ab straps over your shoulders. Lean forward, bending at your waist and keeping your back straight.

Muscles affected: R

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: E, R

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. While keeping your arms straight, push the lat bar forward over your head. Return to the starting position.

Muscles affected: E, R, R, R

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, 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: E, R

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, R

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 lat bar 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, R, R

22 SIDE BEND

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

Muscles affected: D, E, R

23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms straight 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, R

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 on the lat bar and hold the bar with an overhand grip. Kick your leg straight and hold it forward as shown. Return to the starting position.

Muscles affected: K, Q, R, R

27 HEEL KICK

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

Muscles affected: L, Q, R

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, 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: Q, R

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 pull 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, E

31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm straight out 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: 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 up until your hands are level with your shoulders. Return to the starting position.

Muscles affected: Q, 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.

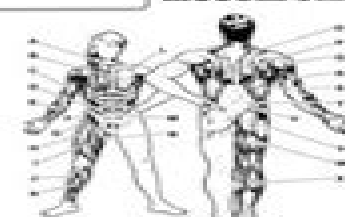
Muscles affected: C, E, Q, P, Q, S, T

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 upward until your hands are level with your shoulders. Return to the starting position.

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

MUSCLE CHART



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

WARNING: Before beginning an exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of your weight systems.

IMPORTANT: This poster shows a selection of exercises that can be performed using WEIDER® weight systems. Note that your weight system may not have all of the features shown on this poster. Therefore, you may not be able to perform all of the exercises shown. Refer to your user's manual for additional exercise information.

Weider Machine Workout Guide

C Cleary

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:

Joe Weider's Ultimate Bodybuilding Joe Weider,1999 *Bodybuilding, the Weider Approach* Joe Weider,1981 From the man who trained Schwarzenegger and Ferrigno comes an easy to follow manual on bodybuilding **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 Weider Body Book](#) Betty Weider,Joe Weider,1984 *Bodybuilding for women* Jim Kepner *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** ,2000 *Shape* ,1996 *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 **Video Source Book** ,2006 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 *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 **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 **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 incenerator 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

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