

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PNEUS

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R

2. MILITARY PRESS

Adjust the machine as required by the exerciser. Sit on the machine, place the feet on the base, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: L, B, R

3. BUTTERFLY

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L

4. CALT RAISE

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L

5. SQUAT

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

6. ALTERNATE LEG RAISE

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R

7. VERTICAL KNEE RAISE

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L

8. ASSISTED DIP

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

9. PNEUS

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

10. PNEUS

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L

11. LEG PRESS

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

12. LEG EXTENSION

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B

13. LEG CURL

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B

14. AB CRUNCH

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L

16. STIFF ARM PUSHDOWN

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

17. LAT PULL DOWN

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

18. TRICEPS EXTENSION

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L

19. OVERSHOULDER FLX

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

20. BACK EXTENSION

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B

21. DEAD LIFT

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

22. SIDE BEND

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R

23. SHOULDER SHRUG

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

24. LEG EXTENSION

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B

25. ISOLATION CURL

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L

26. FRONT KICK

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

27. HEEL KICK

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

28. HIP ADDUCTOR

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L

29. HIP ABDUCTOR

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L

30. CROTCH

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B

31. LATERAL RAISE

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: L, B, R

32. BENT LATERAL RAISE

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R

33. FRONT RAISE

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: L, B, R

34. UPRIGHT ROW

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

Muscles affected: B, L, R, B

35. BENT ROW

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down to the starting position.

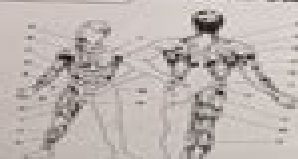
Muscles affected: B, L, R, B, L

36. SEATED ROW

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them down 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
- 7. VERTICAL KNEE RAISE
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- 33. FRONT RAISE
- 34. UPRIGHT ROW
- 35. BENT ROW
- 36. SEATED ROW

IMPORTANT: This exercise guide is for informational purposes only. It is not intended to be a substitute for professional medical advice. Always consult your doctor before starting any exercise program. Use proper form and technique to avoid injury. Do not overexert yourself. Stop if you feel pain or discomfort. Use the weight system at your own risk.

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Weider X2 Power Guide Home Gym

Lauren Gardner



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America's Civil War ,1991 *Military History* ,1992-04 **The Home Gym** Michael Lafavore,1984-01-01 Describes the features of more than 150 barbells trampolines rowing machines stationary bicycles weight benches and other home exercise equipment **Home Gym Essential** Terrell Renaud,2024-04-10 Are you tired of battling crowded gyms expensive memberships and inconvenient hours Say goodbye to these obstacles and welcome the solution to your fitness journey with Home Gym Essentials In this comprehensive guide you ll discover everything you need to create the ultimate workout haven within the comforts of your own home From beginners to fitness enthusiasts this book is your key to unlocking the door to a healthier stronger you Delve into the secrets of crafting a personalized home gym tailored to your unique fitness goals and preferences With expert advice on selecting the right equipment designing your space for maximum efficiency and optimizing your workouts for stellar results you ll never look back But it s not just about convenience it s about empowerment By owning your workout space you take control of your fitness destiny No more excuses no more limitations just endless possibilities for growth and transformation Whether you re aiming to shed pounds build muscle or improve your overall well being Home Gym Essentials equips you with the tools and knowledge to succeed Don t let another day slip by without taking charge of your health and fitness Join the countless individuals who have revolutionized their exercise routines and transformed their lives with the power of a home gym Say hello to convenience flexibility and unparalleled results all within arm s reach Take the first step towards a stronger healthier you ORDER YOUR COPY of Home Gym Essentials today and start building the home gym of your dreams Your body and your future self will thank you for it [DIY Home Gym](#) Barrett Williams,ChatGPT,2024-08-20 DIY Home Gym Transform Your Space Transform Your Life Is stepping into a commercial gym losing its luster Longing for personalized workouts without the travel time membership fees and crowded spaces DIY Home Gym is your ultimate guide to building the perfect workout haven right in your home no matter your budget space or fitness level In this comprehensive eBook you ll discover the powerful benefits of a home gym and learn how to debunk common myths that may have been holding you back From planning your budget friendly setup to sourcing deals and discounts every step of your journey is covered Find the perfect space and optimize it with savvy tips on room considerations ventilation and flooring Dive deep into essential and optional equipment tailored for all fitness levels Whether you re looking for affordable cardio machines or versatile strength training tools like dumbbells kettlebells and resistance bands we ve got you covered Create a functional workout area with expert advice on layout safety and storage solutions Explore effective bodyweight workouts flexibility and mobility resources and the best tech gadgets and apps to stay motivated Integrate recovery techniques delve into nutritious meal plans that keep you fueled and adopt sustainable gym practices for a healthier planet Learn to overcome common challenges maximize your investment and get inspired by real life success stories and expert tips from personal trainers and fitness influencers This eBook also features exciting DIY projects to enhance your gym like weight

racks and resistance band anchors perfect for both the novice and the seasoned DIYer DIY Home Gym isn't just a guide it's your go to resource for achieving your fitness goals from the comfort and convenience of your own space Say goodbye to excuses and hello to a healthier more active lifestyle Start transforming your home and your life today **Garage Gym Bible** William Smith,2018-02-20 **How to Set Up Your Home Gym** Dave Peart,2018-05-09 This book sets out the benefits of creating your own home gym environment explaining the range of exercises that can be performed and the equipment you will need accordingly The book follows a modular approach whereby each module is defined in terms of the equipment needed space requirements and a description of the types of exercises that can be performed The most basic module is for bodyweight exercises with minimal equipment and not requiring any specifically designated space or storage requirements The most complex module combines dumbbells and barbells with a weightlifting bench inside a squat rack to enable safe and effective squatting and bench pressing amongst a wide range of other exercises The book also includes a series of worked examples for home gym equipment ranging from minimal cost through to a very comprehensive setup that incorporates most of the modules and offers an extensive range of exercise possibilities The key principles followed within the book are Space efficiency to help you get the most out of the space you have available at home Cost efficiency allowing you to tailor your equipment to your budget including cost saving tips Time efficiency aiming to minimise time wasting activities where possible The focus of this book is on the equipment that will enable you to set up a home gym with a mapping of relevant exercises to the equipment The book does not stray into the world of exercise programmes as there are countless other books and websites dedicated to that subject

Reviewing **Weider X2 Power Guide Home Gym**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Weider X2 Power Guide Home Gym**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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