

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.

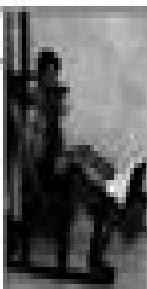
Muscles affected: B, L, R



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.

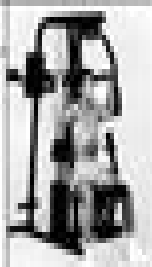
Muscles affected: B, V, W, R



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



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



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



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: W



4 CALF RAISE

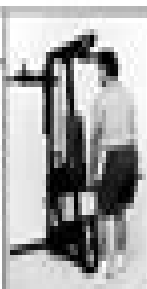
Hold the handles with an overhand grip. Keep your arms at your sides and raise up on your toes as far as



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, M



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 as far as possible. Return to the starting position.

Muscles affected: L, Q, P



24 OVERHEAD EXTENSION

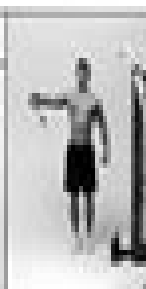
Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Tuck your arms



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.

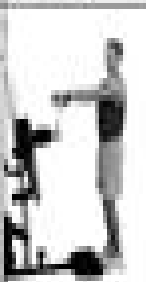
Muscles affected: Q, O



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 your chest



Weider Pro Exercise Chart

Yan Bai

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the 'Yan Bai' text.

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