

# WEIDER

# WEIGHT SYSTEM EXERCISE GUIDE

## 1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Place your elbows on your knees and feet straight. Fully extend your arms. 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 press your arms to 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. Go far as possible. Return to the starting position.

Muscles affected: K, R

## 5 SQUAT

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

Muscles affected: H, L, Q, H

## 6 ALTERNATE LEG RAISE

Secure the chair arms with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Hold the leg up for a few seconds. Return to the starting position. Alternate legs with each repetition.

Muscles affected: L, F, H

## 7 VERTICAL KNEE RAISE

Secure the chair arms 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 in a straight line. Return to the starting position.

Muscles affected: F, 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, P, 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, P, S

## 10 PREACHER CURL

Sit on the seat and rest your arms on the preacher pad. Hold the bar with an underhand grip and extend your arms. Slowly curl the bar back 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 the bar 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 pads on the leg lever. Place the leg lever by bending your knee as shown. Return to the starting position.

Muscles affected: H

## 14 AB CRUNCH

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

Muscles affected: H

## 15 TRICEPS PRESS DOWN

Attach the bar to the high cable. Facing the system, hold the bar with an overhand grip. Keep your arms at your sides. Fully extend your arms. Return to the starting position.

Muscles affected: E, H

## 16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Stand with the bar with an overhand grip. Your hands shoulder-width apart. With your arms straight, push the bar far forward over your head. Return to the starting position.

Muscles affected: E, P, R, S

## 17 LAT PULL-DOWN

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

Muscles affected: C, E, P, S

## 18 TRICEPS EXTENSION

Attach the bar to the high cable. Sit on the seat and hold the bar far above your head with your elbows resting on the pads as shown. Slowly extend your arms straight. Return to the starting position.

Muscles affected: E, H

## 19 CROSS-OVER 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, S

## 20 BACK EXTENSION

Attach the bar to the low cable. Sit on the seat and hold the bar with an underhand grip and extend your arms. Slowly curl the bar back toward your chest. Return to the starting position.

Muscles affected: T

## 21 DEAD LIFT

Attach the 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 feet 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 with an overhand grip. Bend your body to the side as shown. Return to the starting position.

Muscles affected: C, E, H

## 23 SHOULDER SHRUG

Attach the bar to the low cable. Stand with your arms at your sides and hold the 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 arms upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, H

## 25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm upward and hold the handle with an overhand grip. Keep your elbow 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 bar. Kick your leg forward and hold the bar with an overhand grip. Return to the starting position.

Muscles affected: F, S, H, I

## 27 REAR KICK

Attach the ankle strap to the low cable. Stand with your feet on the bar. 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 toward the center. 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 toward the side. Return to the starting position.

Muscles affected: S, H

## 30 STRAIGHTEN-CURL

Attach the bar to the low cable. Stand with your feet on the bar. Bend your knees and hold the bar with an underhand grip. Keep your arms at your sides and curl the bar up toward your chest. Return to the starting position. To vary the exercise, hold the 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. Move 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 handle to the low cable. Stand sideways and bend forward, extend one arm downward, and hold the handle with an overhand grip. Move 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 bar to the low cable. Extend your arms downward and hold the bar with an overhand grip. Keeping your arms straight, raise the 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 bar up to your chest. Return to the starting position.

Muscles affected: C, E, L, Q, P, Q

## 35 BENT ROW

Attach the handle to the low cable. Stand forward, extend your arms, and hold the handle with an overhand grip. Bend your back and pull the handle toward your chest. Return to the starting position.

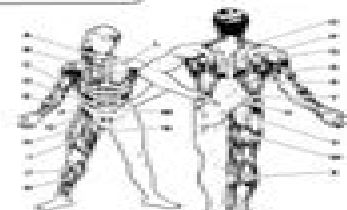
Muscles affected: C, E, S, P, Q, S, T

## 36 SEATED ROW

Attach the curl bar to the low cable. Sit on the floor and hold the curl bar with an overhand grip. Pull the bar toward your chest and lean back. Return to the starting position.

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

## MUSCLE CHART



- A. Deltoid (back)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Triceps (back of arm)
- E. Brachioradialis (forearm)
- F. Iliopsoas (lower thigh)
- G. Adductor (inner thigh)
- H. Quadriceps (front of thigh)
- I. Hamstring (back of thigh)
- J. Gluteus (back of hip)
- K. Soleus (back of calf)
- L. Gastrocnemius (back of calf)
- M. Rectus Abdominus (abdomen)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboid (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (inner back)
- T. Spine (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (hip)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

# Gold Gym Weight System Exercise Guide

**Jianjun Gao**



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