

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Set on the seat and hold the handles with an overhead grip. Place your feet under your knees and your arms 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 overhead 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 overhead grip. Keep your arms at your sides and rise up on your heels. Go far as possible. Return to the starting position.

Muscles affected: H, R

5 SQUAT

Hold the handles with an overhead 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

Mount 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, R, H

7 VERTICAL KNEE RAISE

Mount 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: H, M

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, Q, P, B

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, B

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, H

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 legs 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, rounding all your back 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 overhead grip. Keep your arms at your sides. Fully extend your arms. Return to the starting position.

Muscles affected: C, B

16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Stand with the bar with an overhead 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: C, P, R, B

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 overhead grip. Pull the bar down to level of your face. Return to the starting position.

Muscles affected: C, E, P, B

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: C, B

19 CROSS-OVER FLY

Attach the handles to the cables. Stand with 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 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 and hold the bar with an underhand grip. Keep your back straight, and your feet up. Return to the starting position.

Muscles affected: C, 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 underhand grip. Bend to the side as shown. Return to the starting position.

Muscles affected: C, E, M

23 SHOULDER SHRUG

Attach the bar to the low cable. Stand with your arms straight and hold the bar with an overhead grip. Keep your arms at your sides, shrug your shoulders up. Return to the starting position.

Muscles affected: C, Q, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an underhand grip. Extend your arms upward, lifting the handle over your head. Return to the starting position.

Muscles affected: C, B

25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm upward and hold the handle with an underhand grip. Keep your elbow 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 and hold the bar with an underhand grip. Keep your legs straight and kick forward as shown. Return to the starting position.

Muscles affected: C, B, H, I

27 REEL KICK

Attach the ankle strap to the low cable. Stand with your feet and hold the bar with an underhand grip. Keep your legs straight and kick forward as shown. Return to the starting position.

Muscles affected: C, 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 legs 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 legs straight and move it to the side. Return to the starting position.

Muscles affected: Q, H

30 STRAIGHTEN-CURL

Attach the bar to the low cable. Stand with your feet 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 overhead grip.

Muscles affected: C, B

31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm straight out to the side, and hold 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 with an underhand 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. Stand with your feet and hold the bar with an underhand grip. Keep your arms straight, raise the bar to 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 overhead 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 handles to the low cable. Stand forward, extend your arms, and hold the handles with an overhead grip. Bend your back and pull the handles toward your chest. Return to the starting position.

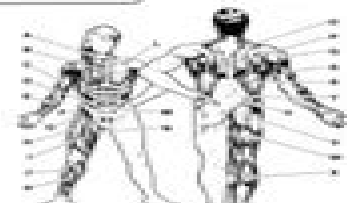
Muscles affected: C, E, Q, P, Q, S, T

36 SEATED ROW

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

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

MUSCLE CHART



- A. Deltoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Triceps (back of arm)
- E. Brachioradialis (forearm)
- F. Wrist Flexors (inner thigh)
- G. Wrist Extensors (outer thigh)
- H. Quadriceps (front of thigh)
- I. Hamstrings (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. Rhomboides (upper back)
- Q. Latissimus Dorsi (lower back)
- R. Erector Spinae (lower back)
- S. Gluteus Medius (hip)
- T. Gluteus Maximus (hip)
- U. Hamstring (back of leg)
- V. Gastrocnemius (back of calf)

Gold Gym Weight System Exercise Guide

David Porter



Gold Gym Weight System Exercise Guide:

The Total Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover

The Gold's Gym Guide to Getting Started in Bodybuilding Ed Housewright, 2004-08 Publisher Description *The Men's Health Guide To Peak Conditioning* Richard Laliberte, 1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear

Make a Fitness Plan The Experts at Gold's Gym, 2018-12-15 Provide your readers with an introduction to living a healthy life both physically and mentally Students will learn how to set health goals create fitness plans and read about different gym machines and how to use them both safely and effectively They will also learn about the importance of nutrition as they read about different food groups discover how to eat right on a budget and how to portion correctly This comprehensive starter guide gives students a broad introduction into the world of health and fitness and in doing so takes away some of the fear and power that may accompany some of these body changes **Train for Strength** The Experts at Gold's Gym, 2018-12-15 Readers learn about the importance of resistance training which increases strength and endurance while working on your muscles and making them larger After studying the three main methods of resistance training which are free weights resistance machines and individual body weight readers are taught how to pick the best practice for their individual needs and goals and are given sample exercises This book also teaches students the science behind weight lifting and explains the function of different muscles so that students are able to understand what parts of their bodies they re training This text ends with a focus on yoga and stretching to increase flexibility a key component of strength *Bowker's*

Complete Video Directory, 2000 **The Official Gold's Gym Beginner's Guide to Fitness** David Porter, 2004-09 With the help of instructive photographs shot on location at Gold s facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food **The Handsome Man's Guide to Being Handsome** Kevin Shively, 2011-12-12 Hello ladies This book is not for

you and because of that it IS for you Confused Then you need to read this more than anyone TRUST ME But also but it for your man He needs it more than anyone too Basically if you re a straight or gay person of any gender and even the ugly ones this book is for you But mostly handsome men and also mostly the rest of you **Insiders' Guide North Carolina's Southern**

Coast and Wilmington Zach Hanner, Pamela Watson, Kate Walsh, Rebecca Pierre, 2007-06 This guide offers tourists and newcomers rich culture incredible golf history magnificent natural beauty and unspoiled beaches Explore Wilmington Wrightsville Beach Carolina and Kure Beaches the South Brunswick islands Topsail Island and more This book is this fast growing area s only comprehensive travel and newcomer guidebook **Insiders' Guide® to Myrtle Beach and the**

Grand Strand Janice McDonald, 2009-12-22 *Insiders Guide to St Myrtle Beach and the Grand Strand* is the essential source for in depth travel and relocation information to this popular South Carolina vacation destination Written by a local and true

insider it offers a personal and practical perspective of Myrtle Beach and environs Fully revised and updated the 10th edition also features a new interior layout and a new cover treatment **The Gold's Gym Book of Bodybuilding** Ken Sprague,Bill Reynolds,1983 This book includes more than 150 profiles of the sport s greatest bodybuilders both past and present who have trained at Gold s each featuring a workout routine or training tip The Jones Guide to Fitness & Health in New York Kathy Myers Jones,1995 Having a bad hair day Deborah Blumenthal former beauty editor at the New York Times Magazine has written the ultimate Baedeker to beauty The New York Book of Beauty revealing the city s best sources for haircuts and color fragrances facials and manicures spas and workouts massages beauty supplies and even beauty on a budget Feeling out of shape Kathy Myers Jones conducted over 150 interviews and researched over 100 fitness options aerobics yoga medication tai chi swimming tennis rock climbing and more in and around the city for two years before penning The Jones Guide to Fitness and Health in New York Subject Guide to Books in Print ,1997 *Cottonboll* ,1993 **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 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 **The Insiders' Guide to South Carolina's Myrtle Beach & the Grand Strand** Kimberly D. Altman,Denise Mullen,1996-04 *The Video Source Book* David J. WEINER,1990 **The Insiders' Guide to the Triangle** J. Barlow Herget,Katherine Kopp,1996 The Insiders Guide To The Triangle is packed with interesting editorial about life in the Triangle area of North Carolina Raleigh Durham Chapel Hill Cary Research Triangle Park and neighboring towns Going well beyond the typical guidebook it provides in depth information on accommodations arts attractions neighborhoods restaurants schools and much more Updated annually this timely guide is a must for visitors and newcomers and is an informative and helpful resource for local residents
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