

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Push your arms until your legs are fully extended. On the starting position. 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 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. As far as possible. Return to the starting position.

Muscles affected: K, H

5 SQUAT

Hold the handles with an overhand grip, and strengthen your legs. Stand with your feet as shown. Do not allow your knees to go past your toes. Return to the starting position.

Muscles affected: H, L, Q, H

6 ALTERNATE LEG RAISE

Place the foot on the seat with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Repeat with your other leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, L, H

7 VERTICAL KNEE RAISE

Mount the foot on the seat 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 on the seat at all times. Return to the starting position.

Muscles affected: H, H

8 ASSISTED DIP

Select the desired weight setting. Grasp the dip handles, with your arms extended 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

Adjust the pulley 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 four pads. Hold the bar with an overhand grip and extend your arms. Slowly curl the 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. On the starting position. Return to the starting position.

Muscles affected: H, L, 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. Raise the leg level 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, 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 elbows at your sides and curl the bar toward your chest. Return to the starting position.

Muscles affected: E, H

16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Hold the bar with an overhand grip. Your hands shoulder-width apart. With your arms slightly bent, push the bar forward your feet. Return to the starting position.

Muscles affected: E, H, H, H

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 in front of your feet. 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 above your head with your elbows (bent) keeping your upper arms stationary. Slowly extend your arms. Return to the starting position.

Muscles affected: E, H

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, S

20 BACK EXTENSION

Attach the bar to the low cable. Sit on the seat and hold the bar with an overhand grip and extend your arms. Slowly curl your back straight and bend back at your feet. Return to the starting position.

Muscles affected: T

21 DEAD LIFT

Attach the bar to the low cable. 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, S, H

22 SIDE BEND

Attach the handles 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: C, E, H

23 SHOULDER SHRUG

Attach the bar to the low cable. Extend your arms straight out and hold the bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders up and down. 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 straight, 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 straight and hold the handle with an overhand grip. Keep your elbows at your sides 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 arms straight out into the ankle strap. Kick your leg straight and hold it forward as shown. Return to the starting position.

Muscles affected: H, S, H, H

27 HEEL KICK

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

Muscles affected: L, H, 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 arms straight and hold the bar 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 arms straight and hold the bar to the side. Return to the starting position.

Muscles affected: S, H

30 STRAIGHTENING CURL

Attach the bar to the low cable. Sit on the seat and hold the bar with an overhand grip. Keep your elbows at your sides and pull the bar 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 and hold the handle. 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 your arm slightly bent. Move the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the bar to the low cable. Extend both 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, S

34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Pull the curl bar 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 slightly and pull the handle toward your chest. Return to the starting position.

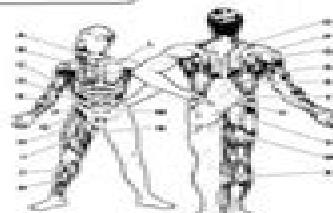
Muscles affected: C, E, S, P, S, S, T

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 curl bar toward your chest and keep your back straight. Return to the starting position.

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

MUSCLE CHART



- | | |
|----------------------------------|----------------------------------|
| 1. Deltomastoid (neck) | 11. Adductor (inner thigh) |
| 2. Pectoralis Major (chest) | 12. Trapezius (upper back) |
| 3. Biceps (front of arm) | 13. Rhomboides (upper back) |
| 4. Triceps (back of arm) | 14. Pectoralis (chest) |
| 5. Brachioradialis (forearm) | 15. Pectoralis (chest) |
| 6. Lat. Flexor (upper thigh) | 16. Adductor (back of arm) |
| 7. Adductor (inner thigh) | 17. Latissimus (back) |
| 8. Quadriceps (front of thigh) | 18. Erector Spinae (lower back) |
| 9. Sartorius (front of thigh) | 19. Gluteus Medius (hip) |
| 10. Gluteus (back of thigh) | 20. Gluteus Maximus (hip) |
| 11. Adductor (inner thigh) | 21. Hamstring (back of leg) |
| 12. Trapezius (upper back) | 22. Gastrocnemius (back of calf) |
| 13. Rhomboides (upper back) | |
| 14. Pectoralis (chest) | |
| 15. Pectoralis (chest) | |
| 16. Adductor (back of arm) | |
| 17. Latissimus (back) | |
| 18. Erector Spinae (lower back) | |
| 19. Gluteus Medius (hip) | |
| 20. Gluteus Maximus (hip) | |
| 21. Hamstring (back of leg) | |
| 22. Gastrocnemius (back of calf) | |

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Tao Wei



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