

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PRESS

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: D, L, B

2. MILITARY PRESS

Adjust the machine as required by the number of plates to be used. Place the arms with an overhand grip. Pushing your elbows straight up, extend your arms. Return to the starting position.

Muscles affected: L, B, B

3. BUTTERFLY

Place your arms and elbows over the machine. Push your arms down. Push the butterfly from the machine. Return to the starting position.

Muscles affected: B, L

4. CALF RAISE

Place the handles over your knees. Push your arms up. Push your arms down. Push the handles from the machine. Return to the starting position.

Muscles affected: B, L

5. SQUAT

Place the handles over your knees. Push your arms up. Push your arms down. Push the handles from the machine. Return to the starting position.

Muscles affected: B, L, B, B

6. ALTERNATE LEG RAISE

Place the handles over your knees. Push your arms up. Push your arms down. Push the handles from the machine. Return to the starting position.

Muscles affected: B, L, B

7. VERTICAL KNEE RAISE

Place the handles over your knees. Push your arms up. Push your arms down. Push the handles from the machine. Return to the starting position.

Muscles affected: B, B

8. ASSISTED DIP

Place the handles over your knees. Push your arms up. Push your arms down. Push the handles from the machine. Return to the starting position.

Muscles affected: B, B, B, B

9. TRICEPS

Place the handles over your knees. Push your arms up. Push your arms down. Push the handles from the machine. Return to the starting position.

Muscles affected: B, B, B, B

10. BICEPS CURL

Place the handles over your knees. Push your arms up. Push your arms down. Push the handles from the machine. Return to the starting position.

Muscles affected: B, B

11. LEG PRESS

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B, B

12. LEG EXTENSION

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B

13. LEG CURL

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B

14. AB CRUNCH

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B

16. STIFF ARM PUSHDOWN

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B, B

17. LAT PULL DOWN

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B, B

18. TRICEPS EXTENSION

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B

19. OVERSHOULDER FLX

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B, B

20. BACK EXTENSION

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B

21. DEAD LIFT

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B, B

22. SIDE BEND

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B

23. SHOULDER SHrug

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B

24. ANKLE EXTENSION

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B

25. ISOLATION CURL

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B

26. FRONT KICK

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B, B

27. HEEL KICK

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B, B

28. HIP ADDUCTOR

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B

29. HIP ABDUCTOR

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B

30. CROSSED LEG

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B

31. LATERAL RAISE

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: L, B, B

32. BENT LATERAL RAISE

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B

33. FRONT RAISE

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: L, B, B

34. UPRIGHT ROW

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B, B

35. BENT ROW

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B, B

36. SEATED ROW

Place the feet on the base of the machine with an overhand grip. Press your elbows up and out until your arms are straight. Return to the starting position.

Muscles affected: B, B, B, B

MUSCLE CHART



HEAD AND NECK:
1. PRESS
2. MILITARY PRESS
3. BUTTERFLY
4. CALF RAISE
5. SQUAT
6. ALTERNATE LEG RAISE
7. VERTICAL KNEE RAISE
8. ASSISTED DIP
9. TRICEPS
10. BICEPS CURL
11. LEG PRESS
12. LEG EXTENSION
13. LEG CURL
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18. TRICEPS EXTENSION
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20. BACK EXTENSION
21. DEAD LIFT
22. SIDE BEND
23. SHOULDER SHrug
24. ANKLE EXTENSION
25. ISOLATION CURL
26. FRONT KICK
27. HEEL KICK
28. HIP ADDUCTOR
29. HIP ABDUCTOR
30. CROSSED LEG
31. LATERAL RAISE
32. BENT LATERAL RAISE
33. FRONT RAISE
34. UPRIGHT ROW
35. BENT ROW
36. SEATED ROW

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Weider 41excercise Guide

G Orfield



Weider 41excercise Guide:

Weider 41excercise Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Weider 41excercise Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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et parfumées vous apporteront du réconfort crédit pixabay pour 2 personnes temps de préparation