

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PNEUS

Place the feet on the base of the machine, with an overpronated foot. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R

2. MILITARY PRESS

Adjust the machine as required by the exerciser. Stand with feet shoulder-width apart with arms extended fully upward. Push the bar upward. Return to the starting position.

Muscles affected: L, B, R

3. BUTTERFLY

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L

4. CALF RAISE

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L

5. SQUAT

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

6. ALTERNATE LEG RAISE

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R

7. VERTICAL KNEE RAISE

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L

8. ASSISTED DIP

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

9. PNEUS

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R

10. PNEUS

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R

11. LEG PRESS

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

12. LEG EXTENSION

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B

13. LEG CURL

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B

14. AB CRUNCH

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L

16. STIFF ARM PUSHDOWN

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

17. LAT PULL DOWN

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

18. TRICEPS EXTENSION

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L

19. OVERSHOULDER FLX

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

20. BACK EXTENSION

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B

21. DEAD LIFT

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

22. SIDE BEND

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R

23. SHOULDER DRAG

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R

24. SHOULDER EXTENSION

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L

25. ISOLATION CURL

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L

26. FRONT KICK

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

27. HEEL KICK

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

28. HIP ADDUCTOR

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L

29. HIP ABDUCTOR

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L

30. CROSSED LEG

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B

31. LATERAL RAISE

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: L, B, R

32. BENT LATERAL RAISE

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R

33. FRONT RAISE

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: L, B, R

34. UPRIGHT ROW

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

35. BENT ROW

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

36. SEATED ROW

Place your feet on the base of the machine. Place your hands on the handles and pull them toward the starting position.

Muscles affected: B, L, R, H

MUSCLE CHART



LEGS

- 1. PNEUS
- 2. MILITARY PRESS
- 3. BUTTERFLY
- 4. CALF RAISE
- 5. SQUAT
- 6. ALTERNATE LEG RAISE
- 7. VERTICAL KNEE RAISE
- 8. ASSISTED DIP
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- 10. PNEUS
- 11. LEG PRESS
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- 15. TRICEPS PRESS DOWN
- 16. STIFF ARM PUSHDOWN
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- 18. TRICEPS EXTENSION
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- 20. BACK EXTENSION

ARM

- 21. DEAD LIFT
- 22. SIDE BEND
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- 24. SHOULDER EXTENSION
- 25. ISOLATION CURL
- 26. FRONT KICK
- 27. HEEL KICK
- 28. HIP ADDUCTOR
- 29. HIP ABDUCTOR
- 30. CROSSED LEG

TORSO

- 31. LATERAL RAISE
- 32. BENT LATERAL RAISE
- 33. FRONT RAISE
- 34. UPRIGHT ROW
- 35. BENT ROW
- 36. SEATED ROW

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Sabine Zange



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