

# WEIDER

# WEIGHT SYSTEM EXERCISE GUIDE

## 1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Push your arms up until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: B, L, R

## 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, R

## 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. Do not lean forward. Return to the starting position.

Muscles affected: K, R

## 5 SQUAT

Hold the handles with an overhand grip, and strengthen your legs. Slowly lower your legs as shown. Do not allow your lower back to go into flexion. Rise to the starting position. Return to the starting position.

Muscles affected: H, L, V, W

## 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. Repeat raising your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W

## 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 at all times. Return to the starting position.

Muscles affected: K, 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, S

## 9 PULL-UP

Open 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, R, S

## 10 PREACHER CURL

Sit on the seat and rest your arms on the curl pad. Hold the lat bar with an underhand grip and extend your arms. Slowly curl the lat 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. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, W, R

## 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 seats on the leg lever. Place the leg lever by leaning your leg as shown. Return to the starting position.

Muscles affected: H

## 14 AB CRUNCH

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

Muscles affected: H

## 15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Keep your arms at your sides and push the lat bar down until your arms are straight. Return to the starting position.

Muscles affected: E, R

## 16 STIFF ARM PUSHDOWN

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

Muscles affected: E, R, R, S

## 17 LAT PULL-DOWN

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

Muscles affected: C, E, R, S

## 18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: E, R

## 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 lat bar to the low cable. Sit on the seat and hold the lat bar against your chest as shown. Keep your back straight and bend back at your waist. Return to the starting position.

Muscles affected: T

## 21 DEAD LIFT

Attach the lat bar to the low cable. Stand with knees and hold the lat bar with an overhand grip. Keep your back straight, and your head up. Return to the starting position.

Muscles affected: E, H, T, V, W

## 22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downward and hold the handle. Keep your arm at your side and bend to the side as shown. Return to the starting position.

Muscles affected: D, E, M

## 23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms downward and hold the lat 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 arm upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, R

## 25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm down and hold the handle with an overhand grip. Keep your arm 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 feet and extend one leg into the ankle strap. Keep your leg straight and move it forward as shown. Return to the starting position.

Muscles affected: K, S, H, I

## 27 HEEL KICK

Attach the ankle strap to the low cable. Extend 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, V, W

## 28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and extend your inside leg into the ankle strap. Keep your leg 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 extend your outside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: S, W

## 30 STRAINGING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar with an underhand grip. Keep your elbows at your sides and curl the lat bar up toward your chest. Return to the starting position. To vary this exercise, hold the lat bar with an overhand grip.

Muscles affected: C, E

## 31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm 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: 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 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: Q, Q

## 33 FRONT RAISE

Attach the lat bar to the low cable. Extend your arms downward and hold the lat bar with an overhand grip. Keeping your arms straight, raise the lat 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 curl bar 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 overhand grip. Keeping your back straight, pull the handles toward your chest. Return to the starting position.

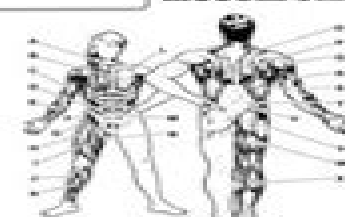
Muscles affected: C, E, S, P, Q, S, T

## 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 curl bar toward your chest and then back. Return to the starting position.

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

## MUSCLE CHART



- |                                |                                 |
|--------------------------------|---------------------------------|
| A. Deltomastoid (neck)         | N. Adductor (inner thigh)       |
| B. Pectoralis Major (chest)    | O. Trapezius (upper back)       |
| C. Biceps (front of arm)       | P. Rhomboid                     |
| D. Triceps (back of arm)       | Q. Triceps (back of arm)        |
| E. Brachioradialis (forearm)   | R. Pronator (elbow)             |
| F. Hip Flexors (upper thigh)   | S. Quadriceps (front of thigh)  |
| G. Adductor (inner thigh)      | T. Hamstrings (back of thigh)   |
| H. Quadriceps (front of thigh) | U. Latissimus (loin)            |
| I. Gluteus (back of thigh)     | V. Erector Spinae (lower back)  |
| J. Sartorius (front of thigh)  | W. Gluteus Medius (hip)         |
| K. Gluteus (back of thigh)     | X. Gluteus Maximus (hip)        |
| L. Soleus (back of calf)       | Y. Hamstring (back of leg)      |
| M. Gastrocnemius (calf)        | Z. Gastrocnemius (back of calf) |

# Weider Exercise Guide

**Victor M. Corman**



## **Weider Exercise Guide:**

*The Edge* Ben Weider, Joe Weider, Daniel Gastelu, 2003 The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight training **Argos catalogue 1989 -1990 old vintage book** KCC, Argos catalogue 1989 1990 old vintage book *The U.S. Navy Seal Guide to Fitness and Nutrition* Patricia A. Deuster, Pierre A. Pelletier, Anita Singh, 2007-05-17 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance *Bullet Proof Guide For: Bodybuilding, Fitness, Exercise, Supplementation, Diet, Training, & Mechanics* Tom Mione, 2020-08-01 This is a complete guide that will walk you through step by step how to achieve the ultimate body that you desire You will be brought through how your body responds to each and every single muscle activating mechanic so you can generate the most amount of muscle hypertrophy We examine all forms of exercise from power resistance what splits to incorporate what targets the deepest rips into the muscle fibers You will learn how to define the perfect workout as well as how to supplement the right way The supplement market is flooded with misinformation and false promises We break down all protein sources supplements and drinks so you know what to put in your body when how much and why If you re looking to stand on stages one day or just trim down some extra body fat you will be taken through how the body works to achieve and maximize any result goal you have instore If your already an advanced lifter and want to gain a competitive edge we have you covered If your just starting out or just want to improve your strength size and confidence we have you covered [The Complete Guide to Strength Training Methods](#) Keven Arseneault, 2023-03-24 Finally the strength training book you ve been wishing for is here The Complete Guide to Strength Training Methods compiles more than 230 training techniques proven to increase strength power hypertrophy endurance flexibility and cardiovascular capacity Sport performance coach Keven Arseneault has spent over 20 years reading researching and testing various methods to determine the best training techniques In The Complete Guide to Strength Training Methods he assembles these into a comprehensive resource that allows you to add variety and get the most from your workouts Each method is presented on a single page that highlights the technique s advantages and disadvantages effects on different aspects of fitness and trainer tips The page also has a prescription table that includes intensity or load

reps and sets This practical approach provides you with everything you need to incorporate the method into your program immediately Throughout you will find programming tips to help you create your own training plan to fit your individual needs The eight sample programs provided can be followed as is or used as a blueprint for personalized programs Whether you are a fitness enthusiast working out at home a serious gym goer an athlete or a strength or fitness professional The Complete Guide to Strength Training Methods is the comprehensive yet practical resource you need to keep your workouts fresh challenging and on point to reach your goals *The U.S. Navy SEAL Guide to Nutrition* Patricia A. Deuster, Pierre A. Pelletier, Anita Singh, 2013-05-22 Learn to control your food intake and care for your body like a U S Navy [The Complete Guide To Herbal Medicines](#) Charles W. Fetrow, Juan R. Avila, 2000-09 Each herbal medicine entry contains information on why people use the herb what the research shows common doses side effects interactions with drugs important points to remember and references to scientific studies **Dr. Gallagher's Guide to 21st Century Medicine** Atlas Publishing Company, Martin P. Gallagher, 1997-08 **Pocket Orthopaedics** Michael Wong, 2010-09-15 The Orthopaedic Clinical Handbook is a pocket guide for students in any orthopedic course including physicians physical therapists and assistants chiropractors and athletic trainers This useful resource is organized in a manner that is helpful for both students and clinicians the reader will find the information they need easily as the information is organized by body regions and includes medical screening differential diagnosis tables origin insertion nerve supply and action of muscles Suggestions for evaluation post surgical rehab protocols and evidence based parameters for mod **The Navy Seal Nutrition Guide** Patricia A. Deuster, 1996-06 One factor they may contribute to a person s success in SEAL training is nutritional interventions Covers micronutrients vitamins carbohydrate fat vitamin fiber fluid replacement water healthy snacking restaurants fast foods nutritional considerations for endurance activities strength training mission performance mission recovery ergogenic agents Extensive appendices *Therapist's Guide to Clinical Intervention* Sharon L. Johnson, 2017-06-09 Therapist s Guide to Clinical Intervention Third Edition is an essential reference for providing clinical services and associated case formulations requiring formalized goals and objectives It is ideal for use in assessment treatment consultation completing insurance forms and or participating in managed care This practical hand on book outlines treatment goals and objectives for each type of psychopathology as defined by the diagnostic and statistical manual by the American Psychiatric Association It additionally provides skill building resources and samples of all major professional forms likely to be used in clinical treatment The third edition conveniently maps individualized treatment plans utilizing evidence based best practices and standards of care Diagnostic information is presented by associated disorder or theme for easier access New special assessments and skill building entries are included Also new are numerous website URLs associated with research articles and consumer resources have been provided to complement clinical information and patient education Outlines treatment goals and objectives for DSM IV diagnoses Presents evidence based best practices of intervention Provides the basis for assessing special

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