

1 BENCH PRESS

Set on the seat and hold the handles with an overhead grip. Press your arms straight out until your arms are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

2 MILITARY PRESS

Attach the system (as required for the exercise). Set 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, R

3 BUTTERFLY

Set 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 overhead grip. Keep your arms at your sides and rise up on your heels. Hold for a moment. Return to the starting position.

Muscles affected: K, R

5 SQUAT

Hold the handles with an overhead grip and straighten your legs. Slowly bend your legs as shown. Do not allow your feet to move. Return to the starting position.

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Attach the seat with an overhead grip. Hold the handles with an overhead grip. Bend your legs as shown. Do not allow your feet to move. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, L, W

7 VERTICAL KNEE RAISE

Attach the seat with an overhead grip. Hold the handles with an overhead grip. Bend your legs as shown. Do not allow your feet to move. Return to the starting position.

Muscles affected: H, W

8 ASSISTED DIP

Attach the seat with an overhead grip. Hold the handles with an overhead grip. Bend your legs as shown. Do not allow your feet to move. Return to the starting position.

Muscles affected: B, L, Q, R, Q, R, S

9 PULL-UP

Attach 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, P, S, T

10 PREACHER CURL

Set on the seat and rest your arms on the preacher pad. Hold the bar with an overhead grip and extend your arms. Slowly curl the bar toward your chest. Return to the starting position.

Muscles affected: C, E



11 LEG PRESS

Set 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, W, R

12 LEG EXTENSION

Set on the seat and position your feet under the pads on the leg tower. Press the bar until your legs are fully extended. 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 tower. Press the bar until your leg is fully extended. 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. Lie on your back and lift your head and shoulders. Return to the starting position.

Muscles affected: M

15 TRICEPS PRESS DOWN

Attach the bar to the high cable. Facing the system, hold the bar with an overhead grip. Bend your arms and lower the bar until your arms are straight. Return to the starting position.

Muscles affected: S, R

16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Attach the bar with an overhead grip. Your hands should be shoulder width apart. Push the bar down until your arms are straight. Return to the starting position.

Muscles affected: S, R, R, S

17 LAT PULL-DOWN

Attach the bar to the high cable. Sit on the seat and hold the bar with an overhead grip. Pull the bar down to your chest. Return to the starting position.

Muscles affected: C, E, R, S

18 TRICEPS EXTENSION

Attach the bar to the high cable. Set on the seat and hold the bar with an overhead grip. Bend your arms and lower the bar until your arms are straight. Return to the starting position.

Muscles affected: S, R

19 CROSSOVER FLY

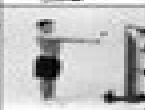
Attach the handles to the cables. Stand with your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, S

20 BACK EXTENSION

Attach the bar to the low cable. Set on the seat and hold the bar with an overhead grip. Bend your back and lift your head and shoulders. 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 overhead grip. Bend your back and lift the bar until your legs are fully extended. Return to the starting position.

Muscles affected: S, H, T, R, W

22 SIDE BEND

Attach the handles to the low cable. Stand sideways and bend forward and backward and hold the handles with an overhead grip. Keep your arms at your sides. Return to the starting position.

Muscles affected: C, E, M

23 SHOULDER SHRUG

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

Muscles affected: S, Q, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhead grip. Bend your arm and lift the handle over your head. Return to the starting position.

Muscles affected: E, S

25 ISOLATION CURL

Attach a handle to the low cable. Stand with your feet and hold the handle with an overhead grip. Keep your arms at your sides. Curl the handle toward your chest. Return to the starting position.

Muscles affected: C, E

26 FRONT KICK

Attach the arms strap to the low cable. Stand with your feet and hold the bar with an overhead grip. Push the bar forward and lift it up. Return to the starting position.

Muscles affected: H, S, R, T

27 HEEL KICK

Attach the arms strap to the low cable. Stand with your feet and hold the bar with an overhead grip. Push the bar forward and lift it up. Return to the starting position.

Muscles affected: C, S, W

28 HIP ADDUCTION

Attach the arms strap to the low cable. Stand sideways and extend your arms straight out to the side. Return to the starting position.

Muscles affected: L, H

29 HIP ABDUCTION

Attach the arms strap to the low cable. Stand sideways and extend your arms straight out to the side. Return to the starting position.

Muscles affected: S, W

30 STRANDING CURL

Attach the bar to the low cable. Stand with your feet and hold the bar with an overhead grip. Keep your arms at your sides and lift the bar up. Return to the starting position.

Muscles affected: C, E



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways and extend your arms straight out to the side. 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 and backward and hold the handles with an overhead grip. Keep your arms straight. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the bar to the low cable. Stand with your feet and hold the bar with an overhead grip. Keep your arms straight. Return to the starting position.

Muscles affected: L, R, Q

34 UPRIGHT ROW

Attach the bar to the low cable. Stand with your feet and hold the bar with an overhead grip. Pull the bar up to your chest. Return to the starting position.

Muscles affected: C, E, L, Q, R, Q

35 BENT ROW

Attach the handles to the low cable. Stand sideways and bend forward and backward and hold the handles with an overhead grip. Keep your arms straight. Return to the starting position.

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

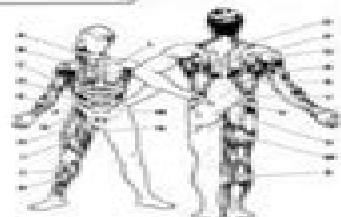
36 SEATED ROW

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

Muscles affected: C, E, S, 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. Latissimus (back of arm) |
| E. Brachioradialis (forearm) | R. Pectoralis (chest) |
| F. Hip Flexors (upper thigh) | S. Quadriceps (front of thigh) |
| G. Hamstrings (lower thigh) | T. Gluteus (back of thigh) |
| H. Quadriceps (front of thigh) | U. Soleus (back of calf) |
| I. Gastrocnemius (back of calf) | V. Gastrocnemius (back of calf) |
| J. Gastrocnemius (back of calf) | W. Gastrocnemius (back of calf) |
| K. Soleus (back of calf) | X. Gastrocnemius (back of calf) |
| L. Gastrocnemius (back of calf) | Y. Gastrocnemius (back of calf) |
| M. Rectus Abdominus (abdomen) | Z. Gastrocnemius (back of calf) |

Weider Home Gym Systems Exercise Guide

Scott Roberts



Weider Home Gym Systems Exercise Guide:

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