

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PNEUS

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to 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 straight, fully extended, and palms facing forward. Return to the starting position.

Muscles affected: L, B, R

3. BUTTERFLY

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L

4. CALT RAISE

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L

5. SQUAT

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S

6. ALTERNATE LEG RAISE

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

7. VERTICAL KNEE RAISE

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L

8. ASSISTED DIP

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

9. TRICEPS

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

10. HORIZONTAL CURL

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L

11. LEG PRESS

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

12. LEG EXTENSION

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

13. LEG CURL

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

14. AB CRUNCH

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L

16. STIFF ARM PUSHDOWN

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

17. LAT PULL DOWN

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

18. TRICEPS EXTENSION

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L

19. OVERSHOULDER FLX

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

20. BACK EXTENSION

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

21. DEAD LIFT

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S

22. SIDE BEND

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

23. SHOULDER SHRUG

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

24. ANKLE EXTENSION

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

25. ISOLATION CURL

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L

26. FRONT KICK

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

27. HEEL KICK

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

28. HIP ADDUCTOR

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

29. HIP ABDUCTOR

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

30. CROTCH

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

31. LATERAL RAISE

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

32. BENT LATERAL RAISE

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

33. FRONT RAISE

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

34. UPRIGHT ROW

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S

35. BENT ROW

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

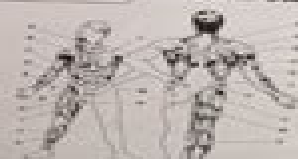
Muscles affected: B, L, R, S

36. SEATED ROW

Place your feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S

MUSCLE CHART



- 1. PNEUS
- 2. MILITARY PRESS
- 3. BUTTERFLY
- 4. CALT RAISE
- 5. SQUAT
- 6. ALTERNATE LEG RAISE
- 7. VERTICAL KNEE RAISE
- 8. ASSISTED DIP
- 9. TRICEPS
- 10. HORIZONTAL CURL
- 11. LEG PRESS
- 12. LEG EXTENSION
- 13. LEG CURL
- 14. AB CRUNCH
- 15. TRICEPS PRESS DOWN
- 16. STIFF ARM PUSHDOWN
- 17. LAT PULL DOWN
- 18. TRICEPS EXTENSION
- 19. OVERSHOULDER FLX
- 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. CROTCH
- 31. LATERAL RAISE
- 32. BENT LATERAL RAISE
- 33. FRONT RAISE
- 34. UPRIGHT ROW
- 35. BENT ROW
- 36. SEATED ROW

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Whispering the Strategies of Language: An Emotional Journey through **Weider 29user Guide**

In a digitally-driven world where displays reign great and instant transmission drowns out the subtleties of language, the profound strategies and mental nuances hidden within phrases frequently go unheard. Yet, set within the pages of **Weider 29user Guide** a charming literary prize pulsing with raw thoughts, lies an extraordinary journey waiting to be undertaken. Written by an experienced wordsmith, that enchanting opus invites viewers on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the very material of each and every word. Within the psychological depths with this poignant evaluation, we can embark upon a heartfelt exploration of the book is primary subjects, dissect its fascinating writing model, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

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Table of Contents Weider 29user Guide

1. Understanding the eBook Weider 29user Guide
 - The Rise of Digital Reading Weider 29user Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Weider 29user Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weider 29user Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weider 29user Guide
 - Personalized Recommendations
 - Weider 29user Guide User Reviews and Ratings

- Weider 29user Guide and Bestseller Lists
- 5. Accessing Weider 29user Guide Free and Paid eBooks
 - Weider 29user Guide Public Domain eBooks
 - Weider 29user Guide eBook Subscription Services
 - Weider 29user Guide Budget-Friendly Options
- 6. Navigating Weider 29user Guide eBook Formats
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 - Adjustable Fonts and Text Sizes of Weider 29user Guide
 - Highlighting and Note-Taking Weider 29user Guide
 - Interactive Elements Weider 29user Guide
- 8. Staying Engaged with Weider 29user Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weider 29user Guide
- 9. Balancing eBooks and Physical Books Weider 29user Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weider 29user Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Weider 29user Guide
 - Setting Reading Goals Weider 29user Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weider 29user Guide
 - Fact-Checking eBook Content of Weider 29user Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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