

# 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 down to the starting position.

Muscles affected: B, L, R

## 2. MILITARY PRESS

Adjust the pulleys so that they are at eye level. Stand with your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: L, B, R

## 3. BUTTERFLY

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L

## 4. CALT RAISE

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L

## 5. SQUAT

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 6. ALTERNATE LEG RAISE

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R

## 7. VERTICAL KNEE RAISE

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L

## 8. ASSISTED DIP

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 9. PNEUS

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 10. PNEUS

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R

## 11. LEG PRESS

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 12. LEG EXTENSION

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B

## 13. LEG CURL

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B

## 14. AB CRUNCH

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B

## 15. TRICEPS PRESS DOWN

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L

## 16. STIFF ARM PUSHDOWN

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 17. LAT PULL DOWN

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 18. TRICEPS EXTENSION

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L

## 19. OVERSHOULDER FLX

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 20. BACK EXTENSION

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B

## 21. DEAD LIFT

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 22. SIDE BEND

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R

## 23. SHOULDER SHrug

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 24. LEG EXTENSION

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B

## 25. ISOLATION CURL

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L

## 26. FRONT KICK

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 27. HEEL KICK

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 28. HIP ADDUCTOR

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L

## 29. HIP ADDUCTOR

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L

## 30. BACK EXTENSION

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B

## 31. LATERAL RAISE

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: L, B, R

## 32. BENT LATERAL RAISE

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R

## 33. FRONT RAISE

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: L, B, R

## 34. UPRIGHT ROW

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B

## 35. BENT ROW

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

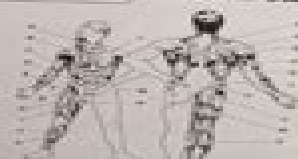
Muscles affected: B, L, R, B, L

## 36. SEATED ROW

Place your feet on the base of the machine, with your hands on the handles. Pull them down to the starting position.

Muscles affected: B, L, R, B, L

## MUSCLE CHART



**LEGS**

- 1. PNEUS
- 2. MILITARY PRESS
- 3. BUTTERFLY
- 4. CALT RAISE
- 5. SQUAT
- 6. ALTERNATE LEG RAISE
- 7. VERTICAL KNEE RAISE
- 8. ASSISTED DIP
- 9. PNEUS
- 10. PNEUS
- 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

**ARM**

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

**TORSO**

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

**IMPORTANT:** This exercise guide is for informational purposes only. It is not intended to be a substitute for professional medical advice. Always consult your doctor before starting any exercise program. Use proper form and technique to avoid injury. Do not overexert yourself. Stop if you feel pain or discomfort.

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# Weider X2 Power Guide Home Gym

**Barrett Williams, ChatGPT**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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