

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

Muscles affected: B, L

4. CALT RAISE

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

Muscles affected: B, L, R

24. LEG EXTENSION

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

Muscles affected: B

25. ISOLATION CURL

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

Muscles affected: B, L

30. C

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

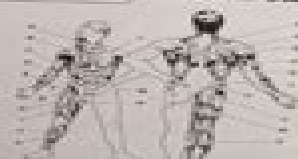
Muscles affected: B, L, R, H

36. SEATED ROW

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

Muscles affected: B, L, R, H

MUSCLE CHART



1. PNEUS
2. MILITARY PRESS
3. BUTTERFLY
4. CALT RAISE
5. SQUAT
6. ALTERNATE LEG RAISE
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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
21. DEAD LIFT
22. SIDE BEND
23. SHOULDER DRAG
24. LEG EXTENSION
25. ISOLATION CURL
26. FRONT KICK
27. HEEL KICK
28. HIP ADDUCTOR
29. HIP ABDUCTOR
30. C
31. LATERAL RAISE
32. BENT LATERAL RAISE
33. FRONT RAISE
34. UPRIGHT ROW
35. BENT ROW
36. SEATED ROW

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1. Understanding the eBook Weider 74user Guide
 - The Rise of Digital Reading Weider 74user Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Weider 74user 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 74user Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weider 74user Guide
 - Personalized Recommendations
 - Weider 74user Guide User Reviews and Ratings
 - Weider 74user Guide and Bestseller Lists
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 - Weider 74user Guide Budget-Friendly Options
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- Weider 74user Guide Enhanced eBook Features
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 - Adjustable Fonts and Text Sizes of Weider 74user Guide
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 - Interactive Elements Weider 74user Guide
- 8. Staying Engaged with Weider 74user Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weider 74user Guide
- 9. Balancing eBooks and Physical Books Weider 74user Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weider 74user Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Weider 74user Guide
 - Setting Reading Goals Weider 74user Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weider 74user Guide
 - Fact-Checking eBook Content of Weider 74user 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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