

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 pulleys so located by the pulleys on the machine. Push the arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, R

3. BUTTERFLY

Place your arms and feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

4. CALF RAISE

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

5. SQUAT

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

6. ALTERNATE LEG RAISE

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

7. VERTICAL KNEE RAISE

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

8. ASSISTED DIP

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

9. PNEUS

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

10. PNEUS

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

11. LEG PRESS

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

12. LEG EXTENSION

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

13. LEG CURL

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

14. AB CRUNCH

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

16. STIFF ARM PUSHDOWN

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

17. LAT PULL DOWN

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

18. TRICEPS EXTENSION

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

19. OVERSHOULDER FLX

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

20. BACK EXTENSION

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

21. DEAD LIFT

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

22. SIDE BEND

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

23. SHOULDER SHRUG

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

24. LEG EXTENSION

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

25. ISOLATION CURL

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

26. FRONT KICK

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

27. HEEL KICK

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

28. HIP ADDUCTOR

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

29. HIP ADDUCTOR

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L

30. BACK EXTENSION

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B

31. LATERAL RAISE

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, R

32. BENT LATERAL RAISE

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

33. FRONT RAISE

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, R

34. UPRIGHT ROW

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

Muscles affected: B, L, R, B

35. BENT ROW

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

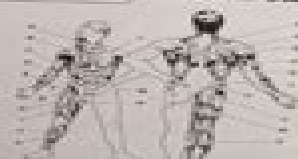
Muscles affected: B, L, R, B, L

36. SEATED ROW

Place the feet on the base of the machine. Push your arms with an overhand grip. Pushing your arms straight fully extend your arms. Return to the starting position.

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

MUSCLE CHART



- 1. PNEUS
- 2. MILITARY PRESS
- 3. BUTTERFLY
- 4. CALF RAISE
- 5. SQUAT
- 6. ALTERNATE LEG RAISE
- 7. VERTICAL KNEE RAISE
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- 19. OVERSHOULDER FLX
- 20. BACK EXTENSION
- 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
- 31. LATERAL RAISE
- 32. BENT LATERAL RAISE
- 33. FRONT RAISE
- 34. UPRIGHT ROW
- 35. BENT ROW
- 36. SEATED ROW

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Richard Bailey



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