

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PRESS

Place the feet and feet the handles with an overhand grip. Press your elbows as straight as possible and return to the starting position.

Muscles affected: D, L, B

2. MILITARY PRESS

Adjust the handles as required by the number of repetitions you wish to perform with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, B

3. BUTTERFLY

Place your feet and feet the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B

4. CALT RISE

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B

5. SQUAT

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, L, B, B

6. ALTERNATE LEG RAISE

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, L, B

7. VERTICAL KNEE RAISE

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B

8. ASSISTED DIP

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, L, B, B

9. TRICEPS

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, L, B, B

10. BICEPS CURL

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B

11. LEG PRESS

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, B

12. LEG EXTENSION

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L

13. LEG CURL

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L

14. AB CRUNCH

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L

15. TRICEPS PRESS DOWN

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B

16. STIFF ARM PUSHDOWN

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, B

17. LAT PULL DOWN

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, B

18. TRICEPS EXTENSION

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B

19. OVERSHOULDER FLX

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, L, B, B

20. BACK EXTENSION

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L

21. DEAD LIFT

Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

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

22. SIDE BEND

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, B

23. SHOULDER SHRUG

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, B

24. ANKLE EXTENSION

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L

25. ISOLATION CURL

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B

26. FRONT KICK

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, B

27. HEEL KICK

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, B

28. HIP ADDUCTOR

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B

29. HIP ABDUCTOR

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B

30. CROTCH

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B

31. LATERAL RAISE

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, B

32. BENT LATERAL RAISE

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, B

33. FRONT RAISE

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, B

34. UPRIGHT ROW

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

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

35. BENT ROW

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

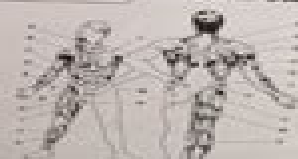
Muscles affected: L, B, L, B, B

36. SEATED ROW

Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

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

MUSCLE CHART



- 1. PRESS
- 2. MILITARY PRESS
- 3. BUTTERFLY
- 4. CALT RISE
- 5. SQUAT
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Weider 9645 Home Gym Exercise Guide

Jessica J Manson

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