

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 toward 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 arms straight up, fully extending your arms. 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 toward the starting position.

Muscles affected: B, L

4. CALF RAISE

Place the feet on the base of the machine. Push the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B, L

5. SQUAT

Place the feet on the base of the machine. Push the feet straight up, fully extending 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 the feet straight up, fully extending 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 the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B, L, R

8. ASSISTED DIP

Place the feet on the base of the machine. Push the feet straight up, fully extending 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 the feet straight up, fully extending 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 the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B, L, R

11. LEG PRESS

Place the feet on the base of the machine. Push the feet straight up, fully extending 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 the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B

13. LEG CURL

Place the feet on the base of the machine. Push the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B

14. AB CRUNCH

Place the feet on the base of the machine. Push the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place the feet on the base of the machine. Push the feet straight up, fully extending 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 the feet straight up, fully extending 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 the feet straight up, fully extending 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 the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B, L

19. OVERSHOULDER FLX

Place the feet on the base of the machine. Push the feet straight up, fully extending 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 the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B

21. DEAD LIFT

Place the feet on the base of the machine. Push the feet straight up, fully extending 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 the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B, L, R

23. SHOULDER DRAG

Place the feet on the base of the machine. Push the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B, L, R, B

24. SHOULDER EXTENSION

Place the feet on the base of the machine. Push the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B, L

25. ISOLATION CURL

Place the feet on the base of the machine. Push the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B, L

26. FRONT KICK

Place the feet on the base of the machine. Push the feet straight up, fully extending 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 the feet straight up, fully extending 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 the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B, L

29. HIP ABDUCTOR

Place the feet on the base of the machine. Push the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B, L

30. CROSSED LEG

Place the feet on the base of the machine. Push the feet straight up, fully extending your arms. Return to the starting position.

Muscles affected: B

31. LATERAL RAISE

Place the feet on the base of the machine. Push the feet straight up, fully extending 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 the feet straight up, fully extending 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 the feet straight up, fully extending 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 the feet straight up, fully extending 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 the feet straight up, fully extending 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 the feet straight up, fully extending your arms. Return to the starting position.

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

MUSCLE CHART



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

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Weider Home Gym 9900 Exercise Guide

Lawrence H Young



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