

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 bar 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. Push the handles wide apart. Push the handles toward your chest. Return to the starting position.

Muscles affected: B, L

4. CALT RAISE

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L

5. SQUAT

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

6. ALTERNATE LEG RAISE

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

7. VERTICAL KNEE RAISE

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

8. ASSISTED DIP

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

9. TRICEPS

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

10. BICEPS

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

11. LEG PRESS

Place the feet on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

12. LEG EXTENSION

Place the feet on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B

13. LEG CURL

Place the feet on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B

14. AB CRUNCH

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

16. STIFF ARM PUSHDOWN

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

17. LAT PULL DOWN

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

18. TRICEPS EXTENSION

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

19. OVERSHOULDER FLX

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

20. BACK EXTENSION

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

21. DEAD LIFT

Place the feet on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

22. SIDE BEND

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

23. SHOULDER DRAG

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

24. SHOULDER EXTENSION

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

25. ISOLATION CURL

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

26. FRONT KICK

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

27. HEEL KICK

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

28. HIP ADDUCTOR

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

29. HIP ABDUCTOR

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

30. CROTCH

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

31. LATERAL RAISE

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

32. BENT LATERAL RAISE

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

33. FRONT RAISE

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

34. UPRIGHT ROW

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

35. BENT ROW

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

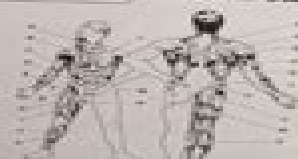
Muscles affected: B, L, R

36. SEATED ROW

Place the handles on the base of the machine. Push the handles up and over your head. Return to the starting position.

Muscles affected: B, L, R

MUSCLE CHART



1. PNEUS
2. MILITARY PRESS
3. BUTTERFLY
4. CALT RAISE
5. SQUAT
6. ALTERNATE LEG RAISE
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36. SEATED ROW

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