

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PRESS

Place the feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R

2. MILITARY PRESS

Adjust the pulleys so directed by the pulleys to the front. Push your elbows away from your body and return to the starting position.

Muscles affected: L, B, R

3. BUTTERFLY

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L

4. CALF RAISE

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L

5. SQUAT

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

6. ALTERNATE LEG RAISE

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R

7. VERTICAL KNEE RAISE

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L

8. ASSISTED DIP

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

9. TRICEPS

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

10. HANGING KICK

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L

11. LEG PRESS

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

12. LEG EXTENSION

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B

13. LEG CURL

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B

14. AB CRUNCH

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L

16. STIFF ARM PUSHDOWN

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

17. LAT PULL DOWN

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

18. TRICEPS EXTENSION

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L

19. OVERSHOULDER FLX

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

20. BACK EXTENSION

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B

21. DEAD LIFT

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

22. SIDE BEND

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R

23. SHOULDER SHrug

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

24. ANKLE EXTENSION

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B

25. ISOLATION CURL

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L

26. FRONT KICK

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

27. HEEL KICK

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

28. HIP ADDUCTOR

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B

29. HIP ABDUCTOR

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B

30. Calf Extension

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B

31. LATERAL RAISE

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: L, B, R

32. BENT LATERAL RAISE

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R

33. FRONT RAISE

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: L, B, R

34. UPRIGHT ROW

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

Muscles affected: B, L, R, B

35. BENT ROW

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

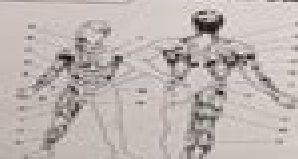
Muscles affected: B, L, R, B, L

36. SEATED ROW

Place your feet on the base of the machine with an overhand grip. Push your elbows away from your body and return to the starting position.

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

MUSCLE CHART



1 Biceps
2 Triceps
3 Deltoids
4 Pectorals
5 Latissimus Dorsi
6 Trapezius
7 Rhomboids
8 Erector Spinae
9 Gluteus Maximus
10 Gluteus Medius
11 Gluteus Minimus
12 Hamstrings
13 Quadriceps
14 Calf Muscles
15 Ankle Muscles
16 Hip Adductors
17 Hip Abductors
18 Neck Muscles
19 Shoulder Muscles
20 Back Muscles
21 Leg Muscles
22 Arm Muscles
23 Torso Muscles
24 Neck Muscles
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26 Back Muscles
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Weider Pulley System Exercise Manual

Bruce Lee

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Weider Pulley System Exercise Manual:

The Weider Body Book Betty Weider, Joe Weider, 1984 Bodybuilding for women Jim Kepner Argos catalogue 1989 -1990 old vintage book KCC, Argos catalogue 1989 1990 old vintage book *The Old School Strength Training Secrets Bible* Dave Yarnell, 2019-09-05 A huge compendium of Old School Strength training secrets full of great pictures methods and techniques compiled from a variety of awesome sources **Bodybuilding for Beginners** Bill Reynolds, 1983 This book gives aspiring bodybuilders of both sexes the principles involved in using weight training and healthy nutritional practices to reshape the body All training techniques are fully illustrated with photographs **San Diego Magazine** ,1994-03 Shape ,1993 **Bruce Lee The Art of Expressing the Human Body** Bruce Lee, 2015-09-08 Learn the secrets to obtaining Bruce Lee's astounding physique with this insightful martial arts training book The Art of Expressing the Human Body a title coined by Bruce Lee himself to describe his approach to martial arts documents the techniques he used so effectively to perfect his body for superior health and muscularity Beyond his martial arts and acting abilities Lee's physical appearance and strength were truly astounding He achieved this through an intensive and ever evolving conditioning regime that is being revealed for the first time in this book Drawing on Lee's own notes letters diaries and training logs Bruce Lee historian John Little presents the full extent of Lee's unique training methods including nutrition aerobics isometrics stretching and weight training In addition to serving as a record of Bruce Lee's own training The Art of Expressing the Human Body with its easy to understand and simple to follow training routines is a valuable source book for those who seek dramatic improvement in their health conditioning physical fitness and appearance This Bruce Lee Book is part of the Bruce Lee Library which also features Bruce Lee Striking Thoughts Bruce Lee The Celebrated Life of the Golden Dragon Bruce Lee The Tao of Gung Fu Bruce Lee Artist of Life Bruce Lee Letters of the Dragon Bruce Lee Jeet Kune Do **Official Gazette of the United States Patent and Trademark Office** United States. Patent and Trademark Office, 1979 *JCPenney [catalog].* ,2001 *The Advertising Red Books* ,2005 *The Weider System of Bodybuilding* Joe Weider, Bill Reynolds, 1983 Time tested principles that help bodybuilders get the most out of their training **Joe Weider's Ultimate Bodybuilding** Joe Weider, 1999 *The Bowflex Body Plan* Ellington Darden, PhD, 2003-11-15 Discover the super secrets for getting the most out of the hottest home workout machine ever We've all seen those attractive Bowflex bodies on television Well you don't have to resemble a model to achieve a Bowflex body Now you can apply the complete science behind what it takes to get that lean muscular look The course of action you're holding in your hands contains the best possible routines and practices that combined cause greater and faster results The Bowflex exercise system is based on the simple bow and arrow principle Its patented Power Rod technology flexes and extends to provide force or resistance part of your week by week workouts which focus on all major muscle groups Merge the recommended Bowflex routines with Dr Ellington Darden's guidelines on eating hydrating and resting and you'll be well on your way to getting the results you've always wanted In addition to four fat loss meal plans you

ll find complete programs for out of shape athletes women who want to reduce their hips and thighs and individuals who wish to focus on their abdominals Choose the one that s right for you depending on your age experience body type and personal goals Throughout these pages you ll be inspired by reports and photographs of real results from real people using a real Bowflex machine With a little discipline and patience you ll see your extra fat begin to vanish revealing your muscles lean lines In only six weeks a man could drop 35 pounds of fat and 5 inches from his waist A woman could lose 19 pounds of fat and 4 inches from her thighs And both can build 3 pounds of muscle Best of all you will experience strength firmness and muscular refinement as never before Elegant instructive photographs of Dr Darden s top 23 Bowflex exercises make this the ideal fitness manual for both men and women those who already use the Bowflex system as well as the many new users of this fast growing home exercise system The only authorized book on the subject The Bowflex Body Plan will help you lose fat build muscle and reshape your body fast Soon you will have the results you ve always wanted Soon you will have a Bowflex body

Manual Of Instruction In The Use Of Dumb Bells, Indian Clubs, And Other Exercises Morris Bornstein,2015-05-06 In the decades following the American Civil War reformers championed the explosion of public gymnasiums and fitness centres in cities all across the country In the opinion of many reformers being truly fit was not only of physical value but was also conducive to moral superiority This manual by Morris Bornstein was one of numerous texts from this period that looked to instruct Americans in the use of Indian clubs and dumbbells which continue to be popular and effective tools for exercise today An interesting and informative book this Manual Of Instruction In The Use Of Dumb Bells Indian Clubs And Other Exercises will appeal to those with an interest in fitness and would make for a worthy addition to collections of related literature We are republishing this volume now in an affordable modern high quality edition complete with a specially commissioned new introduction on indian clubs

Exercising in Bed Sanford Bennett,2016-09-13 Excerpt from Exercising in Bed The Simplest and Most Effective System of Exercise Ever Devised To my friend and companion on many a shoot ing trip the happiest days of my long life To gether he and I have climbed the steep quail bills or waited listening in some rocky canyon to the deep vibrant bay of peak mingling with the long drawn bugle like cry of scout as through tangled Chaparral they cold trailed some wandering coyote or sneaking cat And the sharp high staccato notes of nellie would break in when the duet became a trio The tempo of the wild symphony would quicken and we would scramble up the rocky ridge to our stand on the high divide ltogether he and I have lain out in our blankets watching the glint of the stars in the cloudless California sky while far up on the mountain side the thin weird wail of a prowlingcoyote alone broke the silence Then as the crest of Grizzly Peak reddened in the rising sun the reedy querulous challenge of the cock quail sounded defiance from sheltering thickets far and near The wind sighing through the redwoods the pungent smoke of the camp fire the pure clear air of the early morning the joy of it all when one is pulsating with health and lives close to nature About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction

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Corinna Everson, Jeff Everson, 1987 Progressive weight training routines and techniques nutritional and dietary pointers for competition Publishers Weekly

Ignite the flame of optimism with Crafted by is motivational masterpiece, **Weider Pulley System Exercise Manual** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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Weider Pulley System Exercise Manual Introduction

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