

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PRESS

Place the feet and feet the handles with an overhand grip. Press your elbows as far apart 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 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

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 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, 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, 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. CROSSED LEG

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

Muscles affected: L

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

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

37. 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
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- 31. LATERAL RAISE
- 32. BENT LATERAL RAISE
- 33. FRONT RAISE
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- 36. SEATED ROW
- 37. SEATED ROW

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Weider Ultra Max Exercise Manual

Wolfgang Guggemos

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

Weider Ultra Max Exercise Manual:

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web describing transformations of quadratic functions quadratic function is a function that can be written in the form $f(x) = a(x - h)^2 + k$ where $a \neq 0$ the u shaped graph of a quadratic function is called a parabola in section 1 1 you graphed quadratic functions using tables of values

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web the parent function of the quadratic family is $f(x) = x^2$ a transformation of the graph of the parent function is represented

by the function $g(x) = a(x-h)^2 + k$ where $a \neq 0$ identifying graphs of quadratic functions 6 6 4 4 communicate your answer 4 2 how do the constants a , h and k affect the graph of the quadratic function $g(x) = a(x-h)^2 + k$

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