

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: D, L, 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: D, L

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: D, L

5. SQUAT

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

Muscles affected: D, L, B, H

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: D, 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: D, 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: D, L, B, H

9. PULLOVER

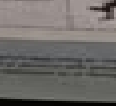
Place the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: D, L, B, H

10. HANGOVER CURL

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

Muscles affected: D, L



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: D, L, B, H

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: D

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: D

14. AB CRUNCH

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: D

15. TRICEPS PRESS DOWN

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: D, B

16. STIFF ARM PUSHDOWN

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: D, B, H

17. LAT PULL DOWN

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: D, B, H

18. TRICEPS 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: D, B

19. OVERSHOULDER FLX

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: D, L, B, H

20. BACK 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: D



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: D, L, B, H

22. SIDE BEND

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: D, L, B

23. SHOULDER SHRUG

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: D, L, B

24. 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: D

25. ISOLATION 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: D, B

26. FRONT KICK

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: D, L, B, H

27. HEEL KICK

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: D, L, B, H

28. HIP ADDUCTOR

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: D, B

29. HIP ADDUCTOR

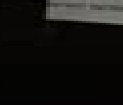
Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: D, B

30. BACK 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: D



31. LATERAL RAISE

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, D, B

32. BENT LATERAL RAISE

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: D, B

33. FRONT RAISE

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, D

34. UPRIGHT ROW

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: D, L, B, H

35. BENT ROW

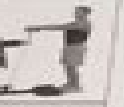
Place the feet and feet the handles with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: D, B, L, B, H

36. SEATED ROW

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: D, B, L, B, H



MUSCLE CHART



HEAD AND NECK:
1. Press
2. Military Press
3. Butterfly
4. Calt Raise
5. Squat
6. Alternate Leg Raise
7. Vertical Knee Raise
8. Assisted Dip
9. Pullover
10. Hangover Curl
11. Leg Press
12. Leg Extension
13. Leg Curl
14. Ab Crunch
15. Triceps Press Down
16. Stiff Arm Pushdown
17. Lat Pull Down
18. Triceps Extension
19. Overshoulder Flx
20. Back Extension
21. Dead Lift
22. Side Bend
23. Shoulder Shrug
24. Leg Extension
25. Isolation Curl
26. Front Kick
27. Heel Kick
28. Hip Adductor
29. Hip Adductor
30. Back Extension
31. Lateral Raise
32. Bent Lateral Raise
33. Front Raise
34. Upright Row
35. Bent Row
36. Seated Row

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Weider 74user Guide

Jianjun Gao



Weider 74user Guide:

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