

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Set on the seat and hold the handles with an overhead grip. Place your elbows under your legs until fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, H

2 MILITARY PRESS

Adjust the system as required for the exercise. Sit on the seat and grasp the arms with an overhead grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, H

3 BUTTERFLY

Sit on the seat and place your arms on the butterfly arms as shown. Press the butterfly arms toward each other until the pads touch. Return to the starting position.

Muscles affected: B, L

4 CALF RAISE

Hold the handles with an overhead grip. Keep your arms at your sides and rise up on your heels. Return to the starting position.

Muscles affected: K, H

5 SQUAT

Hold the handles with an overhead grip, and straighten your legs. Slowly bend your legs as shown. Do not let your lower back go into a rounded position. Return to the starting position.

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Place the curl strap with your back to the seat and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Repeat with the other leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: L, F, W

7 VERTICAL KNEE RAISE

Mount the curl strap with your back to the system and your arms supporting your weight. Slowly raise your knees as high as they will go. Keep your legs in line with your torso. Return to the starting position.

Muscles affected: F, W

8 ASSISTED DIP

Grab the assisted weight holding device. Grasp the bar handles, with your arms straight and your knees resting on the pads as shown. Slowly lower your body by bending your elbows. Return to the starting position.

Muscles affected: B, L, Q, F, Q, R, S

9 PULL-UP

Grab the pull-up handles as shown. Lower your body until your arms are straight. Slowly pull your body up until your chin is above the bar. Return to the starting position.

Muscles affected: C, B, D, P, S

10 PREACHER CURL

Sit on the seat and rest your arms on the curl pads. Hold the bar with an overhead grip and extend your arms. Slowly curl the bar back toward your chest. Return to the starting position.

Muscles affected: C, B

11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the bar until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, H, K

12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Place the leg lever until your legs are straight. Return to the starting position.

Muscles affected: H

13 LEG CURL

Stand with the back of one leg resting against one of the pads on the leg lever. Place the leg lever by bending your leg as shown. Return to the starting position.

Muscles affected: H

14 AB CRUNCH

Attach the ab straps to the ab cuffs. Hold the ab straps over your shoulders. Lean forward, bending at your waist and keeping your back straight.

Muscles affected: W

15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhead grip. Keep your arms at your sides and bend the elbows. Return to the starting position.

Muscles affected: C, B

16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Hold the lat bar with an overhead grip. Your hands shoulder-width apart. With your arms slightly bent, push the bar forward over your legs. Return to the starting position.

Muscles affected: C, B, R, S

17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms up, and hold the ends of the lat bar with an overhead grip. Pull the bar down to chest of your legs. Return to the starting position.

Muscles affected: C, B, R, S

18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: C, B

19 CROSSOVER FLY

Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, S

20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar against your chest as shown. Keep your back straight and bend back at your waist. Return to the starting position.

Muscles affected: T

21 DEAD LIFT

Attach the lat bar to the low cable. Bend your knees and hold the lat bar over your feet with your arms straight, keeping your arms and back straight, and your head up. Return to the starting position.

Muscles affected: C, H, T, V, W

22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downward, and hold the handle over your head with your arm straight. Return to the starting position.

Muscles affected: C, B, W

23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms straight and hold the lat bar with an overhead grip. Keep your arms at your sides. Shrug your shoulders up and down. Return to the starting position.

Muscles affected: C, Q, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhead grip. Extend your arm forward, lifting the handle over your head. Return to the starting position.

Muscles affected: C, B

25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm down and hold the handle with an overhead grip. Keep your elbows at your side and curl the handle toward your chest. Return to the starting position.

Muscles affected: C, B

26 FRONT KICK

Attach the ankle strap to the low cable. Stand and extend one leg forward into the ankle strap. Keep your leg straight and move it forward as shown. Return to the starting position.

Muscles affected: F, D, H, I

27 HEEL KICK

Attach the ankle strap to the low cable. Extend one leg into the ankle strap with your knee slightly bent. Kick your leg back as shown. Return to the starting position.

Muscles affected: L, V, W

28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and extend your inside leg over your knee slightly bent. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: L, H

29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways, and extend your outside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: L, H

30 STRANDING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar with an overhead grip. Keep your arms at your sides and curl the bar up toward your chest. Return to the starting position. To vary the exercise, curl the bar with an overhead grip.

Muscles affected: C, B

31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm outward sideways, and hold the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: L, Q, Q

32 BENT LATERAL RAISE

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downward, and hold the handle with your arm slightly bent. Raise the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the lat bar to the low cable. Extend both arms downward and hold the lat bar with an overhead grip. Keeping your arms straight, raise the lat bar until your hands are level with your shoulders. Return to the starting position.

Muscles affected: L, P, Q

34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhead grip. Pull the curl bar to your chest. Return to the starting position.

Muscles affected: C, B, L, Q, P, Q

35 BENT ROW

Attach the handles to the low cable. Stand forward, extend your arms, and hold the handles with an overhead grip. Bend your torso forward and pull the handles toward your chest. Return to the starting position.

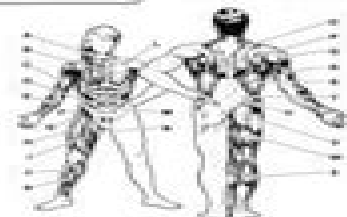
Muscles affected: C, B, D, P, Q, S, T

36 SEATED ROW

Attach the curl bar to the low cable. Sit on the floor and hold the curl bar with an overhead grip. Pull the curl bar to your chest and lean back. Return to the starting position.

Muscles affected: C, B, D, P, Q, S, T

MUSCLE CHART



- | | |
|-------------------------------|---------------------------|
| A. Deltomastoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboides |
| D. Triceps (back of arm) | Q. Latissimus Dorsi |
| E. Brachioradialis (forearm) | R. Erector Spinae |
| F. Hip Flexors (upper thigh) | S. Gluteus Maximus |
| G. Adductor (inner thigh) | T. Gluteus Medius |
| H. Quadriceps | U. Gluteus Minimus |
| I. Hamstrings | V. Gastrocnemius |
| J. Sartorius (front of thigh) | W. Soleus |
| K. Rectus Abdominis | X. Transverse Abdominis |
| L. External Oblique | Y. Internal Oblique |
| M. Rectus Abdominis | Z. Transverse Abdominis |

Weider Home Gym 8510 Manual

K Morrison

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Table of Contents Weider Home Gym 8510 Manual

1. Understanding the eBook Weider Home Gym 8510 Manual
 - The Rise of Digital Reading Weider Home Gym 8510 Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Weider Home Gym 8510 Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weider Home Gym 8510 Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weider Home Gym 8510 Manual
 - Personalized Recommendations
 - Weider Home Gym 8510 Manual User Reviews and Ratings

- Weider Home Gym 8510 Manual and Bestseller Lists
- 5. Accessing Weider Home Gym 8510 Manual Free and Paid eBooks
 - Weider Home Gym 8510 Manual Public Domain eBooks
 - Weider Home Gym 8510 Manual eBook Subscription Services
 - Weider Home Gym 8510 Manual Budget-Friendly Options
- 6. Navigating Weider Home Gym 8510 Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Weider Home Gym 8510 Manual Compatibility with Devices
 - Weider Home Gym 8510 Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weider Home Gym 8510 Manual
 - Highlighting and Note-Taking Weider Home Gym 8510 Manual
 - Interactive Elements Weider Home Gym 8510 Manual
- 8. Staying Engaged with Weider Home Gym 8510 Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weider Home Gym 8510 Manual
- 9. Balancing eBooks and Physical Books Weider Home Gym 8510 Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weider Home Gym 8510 Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Weider Home Gym 8510 Manual
 - Setting Reading Goals Weider Home Gym 8510 Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weider Home Gym 8510 Manual
 - Fact-Checking eBook Content of Weider Home Gym 8510 Manual
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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