

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PRESS

Stand with the feet and toes flat together, with an upright posture. Raise your elbows, and your arms until your hands are in the starting position.

Muscles affected: D, L, B

2. MILITARY PRESS

Adjust the position as desired by the amount of weight you wish to lift. Holding your arms straight, fully extend your arms. Return to the starting position.

Muscles affected: L, B, D

3. BUTTERFLY

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D

4. CALT RAISE

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D

5. SQUAT

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

6. ALTERNATE LEG RAISE

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

7. VERTICAL KNEE RAISE

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

8. ASSISTED DIP

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

9. TRICEPS

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

10. BICEPS CURL

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

11. LEG PRESS

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

12. LEG EXTENSION

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

13. LEG CURL

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

14. AB CRUNCH

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

15. TRICEPS PRESS DOWN

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

16. STIFF ARM PUSHDOWN

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

17. LAT PULL DOWN

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

18. TRICEPS EXTENSION

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

19. OVERSHOULDER FLX

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

20. BACK EXTENSION

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

21. DEAD LIFT

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

22. SIDE BEND

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

23. SHOULDER SHRUG

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

24. ANKLE EXTENSION

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

25. ISOLATION CURL

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

26. FRONT KICK

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

27. HEEL KICK

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

28. HIP ADDUCTOR

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

29. HIP ABDUCTOR

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

30. COUNTERACT

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

31. LATERAL RAISE

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

32. BENT LATERAL RAISE

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

33. FRONT RAISE

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

34. UPRIGHT ROW

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

35. BENT ROW

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

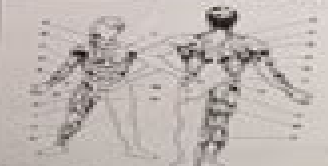
Muscles affected: L, B, D, B

36. SEATED ROW

Stand with your feet and toes flat together, with an upright posture. Raise your arms until your hands are in the starting position. Return to the starting position.

Muscles affected: L, B, D, B

MUSCLE CHART



NECK
1. PRESS
2. MILITARY PRESS
3. BUTTERFLY
4. CALT RAISE
5. SQUAT
6. ALTERNATE LEG RAISE
7. VERTICAL KNEE RAISE
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25. ISOLATION CURL
26. FRONT KICK
27. HEEL KICK
28. HIP ADDUCTOR
29. HIP ABDUCTOR
30. COUNTERACT
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

S Marginson



Weider 74user Guide:

The book delves into Weider 74user Guide. Weider 74user Guide is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Weider 74user Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Weider 74user Guide
- Chapter 2: Essential Elements of Weider 74user Guide
- Chapter 3: Weider 74user Guide in Everyday Life
- Chapter 4: Weider 74user Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Weider 74user Guide. This chapter will explore what Weider 74user Guide is, why Weider 74user Guide is vital, and how to effectively learn about Weider 74user Guide.
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4. In chapter 3, this book will examine the practical applications of Weider 74user Guide in daily life. This chapter will showcase real-world examples of how Weider 74user Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Weider 74user Guide in specific contexts. The fourth chapter will explore how Weider 74user Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Weider 74user Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Weider 74user Guide.

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