

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your arms until your legs are fully extended. On no lock your knees. Return to the starting position.

Muscles affected: B, L, R



2 MILITARY PRESS

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

Muscles affected: L, Q, R



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 overhand grip. Keep your arms at your sides and rise up on your toes, as far as possible. Return to the starting position.

Muscles affected: K, R



5 SQUAT

Hold the handles with an overhand grip, and straighten your legs. Slowly bend your legs as shown. Do not allow your knees to go beyond the toes. Return to the starting position.

Muscles affected: H, L, V, W



6 ALTERNATE LEG RAISE

Mount the VCR arms with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Repeat raising your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W



7 VERTICAL KNEE RAISE

Mount the VCR arms 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 straight and your feet flat on the floor. Return to the starting position.

Muscles affected: F, W



8 ASSISTED DIP

Select the desired weight setting. Grasp the dip 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, P, Q, R, S



9 PULL-UP

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

Muscles affected: C, E, G, P, R, S



10 PREACHER CURL

Sit on the seat and rest your arms on the four pads. Hold the bar with an underhand grip and extend your arms. Slowly curl the bar 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 forward until your legs are fully extended. On no lock your knees. Return to the starting position.

Muscles affected: H, V, W, X



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. Raise 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 cable. 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 overhand grip. Keep your arms at your sides and push the bar straight down. Return to the starting position.

Muscles affected: E, R



16 STIFF ARM PUSHDOWN

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

Muscles affected: E, P, 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 overhand grip. Pull the lat bar down in front of your face. Return to the starting position.

Muscles affected: C, E, P, 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 arms straight. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: E, R



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 bar with an underhand grip and extend your arms. 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. Stand your knees and hold the lat bar with an overhand grip. Extend your legs, keeping your arms and back straight, and your head up. Return to the starting position.

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



22 SIDE BEND

Attach the handles to the low cable. Stand sideways and bend forward, and hold the handles over your head. Keep your arms straight, and bend to the side as shown. Return to the starting position.

Muscles affected: D, E, M



23 SHOULDER SHROW

Attach the lat bar to the low cable. Extend your arms straight and hold the lat bar with an overhand grip. Keep your arms at your sides, bring your elbows up, and throw the bar. Return to the starting position.

Muscles affected: E, Q, P



24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arms upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, R



25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm straight and hold the handle with an overhand grip. Keep your elbows at your sides 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 with your feet apart and lean into the ankle strap. Keep your leg straight and kick it forward as shown. Return to the starting position.

Muscles affected: F, Q, P, S



27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap. With your knee slightly bent, move 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 insert your inside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: L, R



29 HIP ABDUCTION

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

Muscles affected: G, W



30 STRAINGING CURL

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

Muscles affected: C, B



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm forward and upward, 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 handle 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: G, Q



33 FRONT RAISE

Attach the lat bar to the low cable. Extend both arms downward and hold the lat bar with an overhand 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 overhand grip. Pull the curl bar to your chest. Return to the starting position.

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



35 BENT ROW

Attach the handle to the low cable. Bend forward, extend your arms, and hold the handle with an overhand grip. Keeping your back straight, pull the handle toward your chest. Return to the starting position.

Muscles affected: C, E, G, 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 overhand grip. Pull the curl bar toward your chest and lean back. Return to the starting position.

Muscles affected: C, E, G, 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. Oblique (waist) | Q. Supra Spinal (neck) |
| E. Brachioradialis (forearm) | R. Pectorator Deltoid |
| F. Hip Flexors (upper thigh) | S. Quadriceps |
| G. Adductor (outer thigh) | T. Triceps (back of arm) |
| H. Quadriceps | U. Latissimus Dorsi |
| I. Soleus (front of thigh) | V. Erector Spinae |
| J. Soleus (back of thigh) | W. Erector Spinae |
| K. Soleus (front of calf) | X. Gluteus Medius (hip) |
| L. Soleus (back of calf) | Y. Gluteus Maximus |
| M. Rectus Abdominus (abdomen) | Z. Hamstring (back of leg) |
| | AA. Gastrocnemius (back of calf) |

Weider Home Gym 9900 Exercise Guide

Yicheng Fang

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