

## 1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Raise your arms until your legs are fully extended. On full 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 heels 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 past your feet. Return to the starting position.

Muscles affected: H, L, V, W

## 6 ALTERNATE LEG RAISE

Place the right arm with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Hold the leg steady. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W

## 7 VERTICAL KNEE RAISE

Mount the right arm 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 on one side of your feet. 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 curl pad. 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, E

## 11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the bar down until your legs are fully extended. On full 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 level by bending your knee 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. Mount 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 bar down in front of your face. Return to the starting position.

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

## 19 CROSSOVER FLY

Attach the handles to the cables. Stand sideways 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, R

## 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. Slowly curl 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 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 handle to the low cable. Stand sideways and bend forward, extend one arm downward and hold the handle. Keep your arms at your sides and bend to the side as shown. Return to the starting position.

Muscles affected: C, E, M

## 23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms downward and hold the bar with an overhand grip. Keep your arms at your sides, shrug your shoulders as far as possible. 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 arm 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 downward and hold the handle with an overhand grip. Hold the bar with an overhand grip. Pull the handle toward your chest. Return to the starting position.

Muscles affected: C, E

## 26 FRONT KICK

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

Muscles affected: F, G, P, R, S

## 27 HEEL KICK

Attach the ankle strap to the low cable. Stand and 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 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 STRANDING 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 pull the bar toward your chest. Return to the starting position. To vary this exercise, hold the bar with an overhand grip.

Muscles affected: C, E

## 31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm downward and hold the handle. Move 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. Move 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 bar with an overhand grip. Keeping your arms straight, raise the 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. Stand 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.

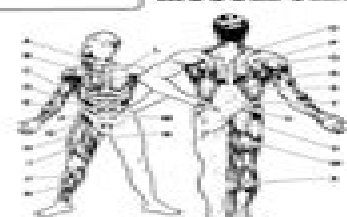
Muscles affected: C, E, G, P, Q, S, T

## 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. Supraespinatus (shoulder)         |
| E. Brachioradialis (forearm)         | R. Pectorator Deltoid (shoulder)     |
| F. Hip Flexors (upper thigh)         | S. Triceps (back of arm)             |
| G. Adductor (inner thigh)            | T. Latissimus Dorsi (mid back)       |
| H. Quadriceps (front of thigh)       | U. Serratus Transversus (waist back) |
| I. Sartorius (front of thigh)        | V. Gluteus Medius (hip)              |
| J. Rectus Abdominis (front of waist) | W. Gluteus Maximus (buttock)         |
| K. Biceps (front of waist)           | X. Hamstring (back of leg)           |
| L. Shoulder Deltoid (shoulder)       | Y. Gastrocnemius (back of calf)      |
| M. Rectus Abdominis (abdomen)        |                                      |

# Weider Home Gym Workout Guide

**SA Dillow**



## Weider Home Gym Workout Guide:

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### **Table of Contents Weider Home Gym Workout Guide**

1. Understanding the eBook Weider Home Gym Workout Guide
  - The Rise of Digital Reading Weider Home Gym Workout Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Weider Home Gym Workout Guide
  - 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 Workout Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Weider Home Gym Workout Guide
  - Personalized Recommendations
  - Weider Home Gym Workout Guide User Reviews and Ratings
  - Weider Home Gym Workout Guide and Bestseller Lists

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