

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: D, L, B

3. BUTTERFLY

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

Muscles affected: D, L

4. CALT RAISE

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

Muscles affected: D, L

5. SQUAT

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

Muscles affected: D, L, B, K

6. ALTERNATE LEG RAISE

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

Muscles affected: D, L, B

7. VERTICAL KNEE RAISE

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

Muscles affected: D, B

8. ASSISTED DIP

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

Muscles affected: D, L, B, K

9. TRICEPS

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

Muscles affected: D, L

10. BICEPS CURL

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

Muscles affected: D, L

11. LEG PRESS

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

Muscles affected: D, L, B, K

12. LEG EXTENSION

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

Muscles affected: D

13. LEG CURL

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

Muscles affected: D

14. AB CRUNCH

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

Muscles affected: D

15. TRICEPS PRESS DOWN

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

Muscles affected: D, B

16. STIFF ARM PUSHDOWN

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

Muscles affected: D, B, K

17. LAT PULL DOWN

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

Muscles affected: D, L, B, K

18. TRICEPS EXTENSION

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

Muscles affected: D, B

19. OVERSHOULDER FLX

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

Muscles affected: D, L, B, K

20. BACK EXTENSION

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

Muscles affected: D

21. DEAD LIFT

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

Muscles affected: D, L, B, K

22. SIDE BEND

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

Muscles affected: D, B, K

23. SHOULDER SHRUG

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

Muscles affected: D, B, K

24. ANKLE EXTENSION

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

Muscles affected: D

25. ISOLATION CURL

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

Muscles affected: D, B

26. FRONT KICK

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

Muscles affected: D, L, B, K

27. HEEL KICK

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

Muscles affected: D, L, B, K

28. HIP ADDUCTOR

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

Muscles affected: D, B

29. HIP ABDUCTOR

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

Muscles affected: D, B

30. COUNTERACT

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

Muscles affected: D, B

31. LATERAL RAISE

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

Muscles affected: L, D, B

32. BENT LATERAL RAISE

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

Muscles affected: D, B, K

33. FRONT RAISE

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

Muscles affected: L, B, D

34. UPRIGHT ROW

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

Muscles affected: D, L, B, K, D

35. BENT ROW

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

Muscles affected: D, L, B, K, D

36. SEATED ROW

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

Muscles affected: D, L, B, K, D

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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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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Rose Arny



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