

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Place your elbows under your knees 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 overhand 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 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, H

5 SQUAT

Hold the handles with an overhand 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, Q, H

6 ALTERNATE LEG RAISE

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

Muscles affected: L, F, H

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

Muscles affected: F, H

8 ASSISTED DIP

Grab the assisted weight holding device. 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, F, Q, R, B

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 over the bar. Return to the starting position.

Muscles affected: C, B, Q, F, B

10 PREACHER CURL

Sit on the seat and rest your arms on the preacher pad. Hold the bar with an overhand 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 forward until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, F, 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 cable. Hold the ab straps over your shoulders. Lean forward, bending at your waist and keeping your back straight.

Muscles affected: H

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 straight and push the bar down as far as possible. 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 overhand grip. Your hands should be shoulder-width apart. With your arms straight, push the bar down as far as possible. Return to the starting position.

Muscles affected: C, B, H, B

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 as far as possible. Return to the starting position.

Muscles affected: C, B, F, B

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. Keep your upper arms stationary. Slowly extend 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, B

20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the seat and hold the bar with an overhand grip and extend your arms. Slowly curl your back straight and bend back as far as possible. Return to the starting position.

Muscles affected: F

21 DEAD LIFT

Attach the lat bar to the low cable. Bend your knees and hold the bar with an overhand grip. Keep your back straight, and your head up. Return to the starting position.

Muscles affected: C, H, F, H, H

22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downward, and lean the handle side to side as shown. Return to the starting position.

Muscles affected: C, B, H

23 SHOULDER SHRUG

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. Shrug your shoulders up as far as possible. Return to the starting position.

Muscles affected: C, Q, F

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand 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 overhand 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 hold the cable with one foot. Kick your leg forward as far as possible. Return to the starting position.

Muscles affected: F, Q, H, B

27 HEEL KICK

Attach the ankle strap to the low cable. Stand and hold the cable with one foot. Kick your leg back as far as possible. Return to the starting position.

Muscles affected: L, Q, H

28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and extend your inside leg over your outside leg. Keep your back 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: Q, F

30 BRANDING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the bar with an overhand grip. Keep your arms at your sides and curl the bar up toward your chest. Return to the starting position. To vary the exercise, use 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 outward 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: 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: Q, 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, F, 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, B, L, Q, F, Q

35 BENT ROW

Attach the handles to the low cable. Stand forward, extend your arms, and bend the handles with an overhand grip. Pull the handles toward your chest. Return to the starting position.

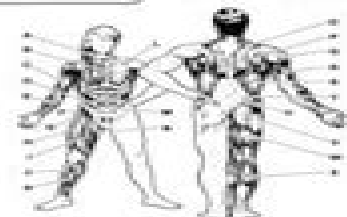
Muscles affected: C, B, Q, F, Q, B, F

36 SEATED ROW

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

Muscles affected: C, B, Q, F, Q, B, F

MUSCLE CHART



- | | |
|--------------------------------|---------------------------------|
| A. Sternocleidomastoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboides |
| D. Deltoids (shoulder) | Q. Latissimus Dorsi |
| E. Brachioradialis (forearm) | R. Erector Spinae (lower back) |
| F. Hip Flexors (upper thigh) | S. Gluteus Medius (hip) |
| G. Adductor (inner thigh) | T. Gluteus Maximus |
| H. Quadriceps (front of thigh) | U. Hamstrings (back of thigh) |
| I. Sartorius (front of thigh) | V. Gastrocnemius (back of calf) |
| J. Soleus (back of calf) | |
| K. Tibialis (front of calf) | |
| L. Peroneus (back of calf) | |
| M. Rectus Abdominus (abdomen) | |

Weider Max Exercise Guide

Tobias Bleicker

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Proper micro loading to prevent stagnation How to determine proper training intensity and frequency to avoid overtraining Using a single set to thoroughly train a muscle And much much more **Exercise Physiology** Stanley P. Brown, Wayne C. Miller, Jane M. Eason, 2006 Bridging the gap between exercise physiology principles and clinical practice this text provides comprehensive coverage of both traditional basic science and clinical exercise physiology principles The book presents clinical applications and examples that connect theory to practice More than 500 full color illustrations and numerous graphs and tables complement the text Reader friendly features including Perspective Boxes Research Highlights Biography Boxes and Case Studies engage readers and reinforce key concepts A bonus three dimensional interactive anatomy CD ROM from Primal Pictures and a Student Resource CD ROM accompany the book LiveAdvise online faculty support and student tutoring services are available free with the text *The Joy of Flex ... a Thinking Man and Woman's Guide to Basic Bodybuilding* Gareth Llewellyn, Greg Poole, Carleton University. Physical Recreation Centre, 1986 **Video Source Book**, 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Seven Keys to Unlock Autism** Elaine Hall, Diane Isaacs, 2011-11-01 The acclaimed approach to helping children with autism profiled in the award winning documentary Autism The Musical This groundbreaking book outlines seven integrated keys for educators and parents to make meaningful connections with children on the autism spectrum The book is based on the unique approach used by Elaine Hall and Diane Isaacs of The Miracle Project a musical theater program for children with autism and their peers and siblings The Miracle Project integrates traditional and creative therapies in an interactive social dynamic The book shows how to apply these effective strategies at school and at home to nurture kids self expression and social skills Elaine Hall and The Miracle Project were profiled in the two time Emmy Award winning HBO documentary Autism The Musical Seven Keys reveals the seven step program that has proven so successful for children in the Miracle Project After reading Seven Keys teachers and parents will better understand this puzzling disorder and be able to help children with autism draw connections and form more meaningful relationships Seven Keys to Unlock Autism offers readers strategies for creating a personal skill set to make their encounters with autistic children as successful and rewarding as possible *Subject Guide to Books in Print*, 2001 **Medical and Health Care Books and Serials in Print**, 1997 JCPenney [catalog]., 1999 **Muscles in the Movies** John D. Fair, David L. Chapman, 2020-11-16 John Fair and David Chapman tell the story of how filmmakers use and manipulate the appearance and performances of muscular men and women to enhance the appeal of their productions The authors show how this practice deeply rooted in western epistemological traditions evolved from the art of photography through magic lantern and stage shows into the motion picture industry arguing that the sight of muscles in action induced a higher degree of viewer entertainment From Eugen Sandow to Dwayne The Rock Johnson muscular actors appear capable of performing the miraculous and with the aid of stuntmen and filming contrivances they do By such means muscles are used to

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