

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

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 lock back your knees. Return to the starting position.

Muscles affected: B, L, H

2 MILITARY PRESS

Attach the system as shown 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, R

5 SQUAT

Hold the handles with an overhand grip, and strengthen your legs. Slowly lower your body until your knees are bent. 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 your leg until it is parallel to the floor. Repeat raising your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: L, 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. Repeat your leg on each side of your torso. 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, R, 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 level with the handles. Return to the starting position.

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

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, E

11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the bar until your legs are fully extended. On lock back your knees. Return to the starting position.

Muscles affected: H, V, H, R

12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Raise 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: 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 extend your arms as shown. 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 straight, push the lat bar forward your legs. Return to the starting position.

Muscles affected: E, R, R, S

17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms out, 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, 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 extend 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 overhand grip and extend your arms. Slowly curl the bar back toward your chest. Return to the starting position.

Muscles affected: T

21 DEAD LIFT

Attach the lat bar to the low cable. Bend your knees and hold the lat bar with an overhand grip. Keep your back straight, and your feet 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, extend one arm downward, and hold the handle with your other arm. Bend your torso to the side as shown. Return to the starting position.

Muscles affected: C, E, W

23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms downward and hold the lat bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders up. 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, S

25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm downward and hold the handle with an overhand grip. Keep your arm at your side and curl 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 hold the cable with your right foot. Kick your leg forward and hold it forward as shown. Return to the starting position.

Muscles affected: F, Q, R, S

27 HEEL KICK

Attach the ankle strap to the low cable. Mount 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 arm straight and swing it to the side. Return to the starting position.

Muscles affected: L, S

29 HIP ABDUCTION

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

Muscles affected: S, W

30 BRANING 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 pull the bar up toward your chest. Return to the starting position. To vary the exercise, hold the lat 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 with your other arm. 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 handle to the low cable. Stand sideways and bend forward, holding one arm downward, and hold the handle with your other arm. 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 your 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, S

34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Pull the curl bar up 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 and your torso bent, pull the handle toward your chest. Return to the starting position.

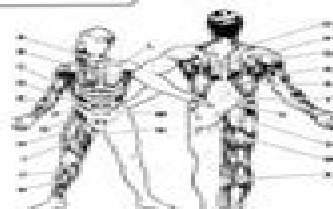
Muscles affected: C, E, S, P, Q, S, T

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 up to your chest and lean back. Return to the starting position.

Muscles affected: C, E, S, 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. Rhomboid |
| D. Triceps (back of arm) | Q. Pronator (elbow) |
| E. Brachioradialis (forearm) | R. Supinator (elbow) |
| F. Hip Flexors (upper thigh) | S. Adductor (back of arm) |
| G. Adductor (inner thigh) | T. Latissimus (side of back) |
| H. Quadriceps (front of thigh) | U. Erector (lower back) |
| I. Biceps (front of thigh) | V. Erector (lower back) |
| J. Triceps (back of thigh) | W. Gluteus Medius (hip) |
| K. Sartorius (front of calf) | X. Gluteus Maximus (hip) |
| L. Soleus (back of calf) | Y. Hamstring (back of leg) |
| M. Rectus Abdominus (abdomen) | Z. Gastrocnemius (back of calf) |

Golds Gym Workout Manual

Robert R. Redfield

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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Table of Contents Golds Gym Workout Manual

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

5. Accessing Golds Gym Workout Manual Free and Paid eBooks
 - Golds Gym Workout Manual Public Domain eBooks
 - Golds Gym Workout Manual eBook Subscription Services
 - Golds Gym Workout Manual Budget-Friendly Options
6. Navigating Golds Gym Workout Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Golds Gym Workout Manual Compatibility with Devices
 - Golds Gym Workout Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Golds Gym Workout Manual
 - Highlighting and Note-Taking Golds Gym Workout Manual
 - Interactive Elements Golds Gym Workout Manual
8. Staying Engaged with Golds Gym Workout Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Golds Gym Workout Manual
9. Balancing eBooks and Physical Books Golds Gym Workout Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Golds Gym Workout Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Golds Gym Workout Manual
 - Setting Reading Goals Golds Gym Workout Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Golds Gym Workout Manual
 - Fact-Checking eBook Content of Golds Gym Workout Manual
 - 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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they classified all the seed plants into 3 groups or classes i e dicotyledons 165 families gymnosperms 3 families and monocotyledons 34 families 4 they included disputed orders among ordines anomali which they could not place satisfactorily

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division angiosperms bear flowers as reproductive organs seeds develop inside fruit plant embryos in seeds have structures called cotyledons seed leaves further classification is based on single cotyledons monocotyledonous plants or two cotyledons dicotyledonous plants

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interpretation of the probable origins of the angiosperms and their most primitive characteristics and some elucidation of realignments that deviate considerably from other recent classifications many botanists have complained about the plethora of new classifications of the angiosperms all differing in many details

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angiosperms are classified in a single phylum the anthophyta modern angiosperms appear to be a monophyletic group which

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the angiosperms or in new terminology the magnoliophytes are the flowering plants which include perhaps as many as 400 000 species from the science of grapevines second edition 2015 related terms cladistics genus pollinator gymnosperm anthesis arabidopsis evolution tissues

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most modern angiosperms are classified as either monocots or eudicots based on the structure of their leaves and embryos basal angiosperms such as water lilies are considered more primitive because they share morphological traits with both monocots and eudicots

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in any event in this new classification the basal angiosperms contain three superorders or five if one includes magnolianaes and ceratophyllanaes that are coordinate with the monocots also placed in their own superorder and ten additional superorders eudicots for a

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abstract the synopsis of my classification of the angiospermae that was published in aliso thorne 1968 has been much
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contextual to societal changes in the late 1980s

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web mar 31 2022 order new delhi the 31st march 2022 s o 1515 e in exercise of the powers conferred by section 3 of the essential commodities act 1955 10 of 1955 the central government hereby makes the following order further to amend the fertiliser

the fertiliser inorganic organic or mixed control amendment - Mar 09 2023

web fertilizer control order 1985 which is administered by deptt of agriculture cooperation govt of india has been issued under the essential commodities act 1955 the fco lays down as to what substances qualify for use as fertilizers in the soil product wise

the fertiliser inorganic organic or mixed control third - Mar 29 2022

web apr 5 2022 the department of agriculture and farmers welfare on the 31st march 2022 has issued the fertilizer inorganic organic or mixed control second amendment order 2022 to include both manufacturers and importers under the scope of the order

fertiliser control amendment order 2013 unep law and - Oct 04 2022

web 1 this order may be called the fertiliser control order 1985 2 it shall come into force on the date of its publication in the official gazette 2 definitions in this order unless the context otherwise requires a act means the essential commodities act 1955 10 of

fertilizer inorganic organic or mixed control second - Jan 27 2022

web under the essential commodities act 1955 10 of 1955 the central government makes the fertilizers control order 1985 it shall come into force on the date of its publication in the official gazette in this order some of the definitions are used 19 fertilizers

fertiliser control order india code - Aug 14 2023

web 1 this order may be called the fertiliser control order 1985 2 it shall come into force on the date of its publication in the official gazette 2 definitions in this order unless the context otherwise requires a act means the essential commodities act 1955 10 of

fertilizers control order fertilizers control order uttarakhand - Sep 22 2021

pdf fertilizer control order researchgate - Jul 13 2023

web abstract this order aims at regulating the equitable distribution of fertilizers by fixing the maximum prices or rates at which any fertilizer may be sold by a dealer manufacturer importer etc and controlling the distribution of fertilizers full text

new procedure for analysis of fertiliser sample under fertiliser - Feb 25 2022

web fertilizer control order 1985 which is administered by deptt of agriculture cooperation govt of india has been issued under the essential commodities act 1955 the fco lays down as to what substances qualify for use as fertilizers in the soil product wise