

# 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 push the bar down in front of your face. 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 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 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 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 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 arm at your side and head 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 extend 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 ankle strap with your arms straight and your feet up. Kick your leg 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 arms straight. 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 mount your inside leg into the ankle strap. Keep your arms 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 mount your outside leg into the ankle strap. Keep your arms 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 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 arm at your side and head to the side as shown. 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 at your side and head to the side as shown. 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 bar up toward your chest. Return to the starting position.

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

## 35 BENT ROW

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

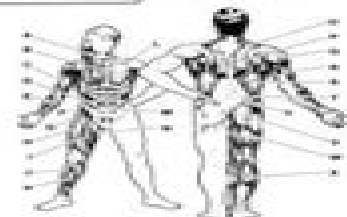
Muscles affected: C, E, S, P, Q, S, T

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

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

## MUSCLE CHART



- A. Deltomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Triceps (back of arm)
- E. Brachioradialis (forearm)
- F. Wrist Flexors (wrist)
- G. Wrist Extensors (wrist)
- H. Quadriceps (front of thigh)
- I. Hamstrings (back of thigh)
- J. Gluteus Maximus (buttocks)
- K. Soleus (back of calf)
- L. Gastrocnemius (calf)
- M. Adductor (inner thigh)
- N. Triceps (upper back)
- O. Rhomboid (upper back)
- P. Trapezius (neck)
- Q. Latissimus Dorsi (lower back)
- R. Spine Erectors (lower back)
- S. Gluteus Medius (hip)
- T. Gluteus Minimus (hip)
- U. Hamstring (back of leg)
- V. Gastrocnemius (back of calf)

**WARNING:** Before beginning an exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. NOB exercises are not responsible for personal injury or property damage sustained by or through the use of your weight systems.

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# **Golds Gym Weight System Exercise Guide**

**Lisa Dorfman**



## **Golds Gym Weight System Exercise Guide:**

The Total Fitness Manual Gold's Gym,2017-01-03 Transform your body in just 12 weeks Take the challenge Cover

**The Gold's Gym Guide to Getting Started in Bodybuilding** Ed Housewright,2004-08 Publisher Description **Train for Strength** The Experts at Gold's Gym,2018-12-15 Readers learn about the importance of resistance training which increases strength and endurance while working on your muscles and making them larger After studying the three main methods of resistance training which are free weights resistance machines and individual body weight readers are taught how to pick the best practice for their individual needs and goals and are given sample exercises This book also teaches students the science behind weight lifting and explains the function of different muscles so that students are able to understand what parts of their bodies they re training This text ends with a focus on yoga and stretching to increase flexibility a key component of strength **The Men's Health Guide To Peak Conditioning** Richard Laliberte,1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear Insiders' Guide® to Myrtle Beach and the Grand Strand Janice McDonald,2009-12-22 Insiders Guide to St Myrtle Beach and the Grand Strand is the essential source for in depth travel and relocation information to this popular South Carolina vacation destination Written by a local and true insider it offers a personal and practical perspective of Myrtle Beach and environs Fully revised and updated the 10th edition also features a new interior layout and a new cover treatment The Official Gold's Gym Beginner's Guide to Fitness David Porter,2004-09 With the help of instructive photographs shot on location at Gold s facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food Bowker's Complete Video Directory ,2000 **Insiders' Guide North Carolina's Southern Coast and Wilmington** Zach Hanner,Pamela Watson,Kate Walsh,Rebecca Pierre,2007-06 This guide offers tourists and newcomers rich culture incredible golf history magnificent natural beauty and unspoiled beaches Explore Wilmington Wrightsville Beach Carolina and Kure Beaches the South Brunswick islands Topsail Island and more This book is this fast growing area s only comprehensive travel and newcomer guidebook **The Gold's Gym Book of Bodybuilding** Ken Sprague,Bill Reynolds,1983 This book includes more than 150 profiles of the sport s greatest bodybuilders both past and present who have trained at Gold s each featuring a workout routine or training tip **The Jones Guide to Fitness & Health in New York** Kathy Myers Jones,1995 Having a bad hair day Deborah Blumenthal former beauty editor at the New York Times Magazine has written the ultimate Baedeker to beauty The New York Book of Beauty revealing the city s best sources for haircuts and color fragrances facials and manicures spas and workouts massages beauty supplies and even beauty on a budget Feeling out of shape Kathy Myers Jones conducted over 150 interviews and researched over 100 fitness options aerobics yoga medication t ai chi swimming tennis rock climbing and more in and around the city for two years

before penning *The Jones Guide to Fitness and Health* in New York      **A Guide to Exercise and Fitness Equipment**  
*Prevention Magazine*,1987      **Cottonboll** ,1993      Subject Guide to Books in Print ,1997      *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      *The Insiders' Guide to South*  
*Carolina's Myrtle Beach & the Grand Strand* Kimberly D. Altman,Denise Mullen,1996-04      The Vegetarian Sports Nutrition  
Guide Lisa Dorfman,2008-04-21 Exercise train and compete at your best on a vegetarian diet Few segments of the population  
 are more mindful of their food intake than athletes and vegetarians This book combines the unique demands of sports with a  
 healthy vegetarian diet that can help you build energy and endurance and reduce body fat Whether you are carbo loading  
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 vegetarian recipes menus easy to use charts and food guides for vegetarians of all types from the semi vegetarian to the  
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 diets to achieve peak performance in their careers and optimum health in their lives      **The Video Source Book** David J.  
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 juvenile how to instruction      *Consumer Buying Guide 1993* Consumer Guide,Consumer Guide Editors,1993-02 Consumer  
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## **Table of Contents Golds Gym Weight System Exercise Guide**

1. Understanding the eBook Golds Gym Weight System Exercise Guide
  - The Rise of Digital Reading Golds Gym Weight System Exercise Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Golds Gym Weight System Exercise 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 Golds Gym Weight System Exercise Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Golds Gym Weight System Exercise Guide
  - Personalized Recommendations
  - Golds Gym Weight System Exercise Guide User Reviews and Ratings
  - Golds Gym Weight System Exercise Guide and Bestseller Lists
5. Accessing Golds Gym Weight System Exercise Guide Free and Paid eBooks

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