

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. Keep 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. 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 heel against the pad. 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 over your head. 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, pull the handle toward your chest. Return to the starting position.

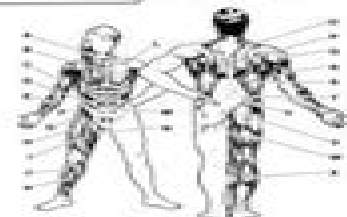
Muscles affected: C, E, S, P, Q, S, T

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



- | | |
|--------------------------------|-----------------------------------|
| 1. Deltomastoid (neck) | 11. Adductor (inner thigh) |
| 2. Pectoralis Major (chest) | 12. Trapezius (upper back) |
| 3. Biceps (front of arm) | 13. Rhomboid (upper back) |
| 4. Triceps (back of arm) | 14. Pectoralis Minor (chest) |
| 5. Brachioradialis (forearm) | 15. Quadriceps (front of thigh) |
| 6. Leg Flexors (upper thigh) | 16. Hamstrings (back of thigh) |
| 7. Adductor (inner thigh) | 17. Latissimus Dorsi (lower back) |
| 8. Quadriceps (front of thigh) | 18. Gluteus Maximus (buttocks) |
| 9. Biceps (front of thigh) | 19. Gluteus Medius (hip) |
| 10. Triceps (back of thigh) | 20. Gluteus Minimus (hip) |
| 11. Adductor (inner thigh) | 21. Hamstrings (back of thigh) |
| 12. Trapezius (upper back) | 22. Gastrocnemius (calf) |

Golds Gym Wight Machine Manual

Sam Clegg



Golds Gym Wight Machine Manual:

The Total Fitness Manual Gold's Gym, 2017-01-03 Get in shape in no time with this definitive guide to fitness strength training and nutrition by the fitness experts at the world renowned Gold's Gym. The Total Fitness Manual has everything here you need to get fit and stay fit for life. Take the 12 Week Body Transformation Challenge for dramatic proven results or create your own fitness routine from this book's wealth of information on resistance training, cardio, nutrition, flexibility, and more. Cardio: With cardio machines, classes, swimming, or running, you have more choices than ever for getting a heart-pumping workout, and this book outlines your options to help you select the best for your needs. Getting Strong: Whether you are looking to tone up or bulk up using bodyweight alone, gym machines, or a home barbell set, you need to know the correct techniques to avoid injury and know what exercises work which muscles. Nutrition: Hydration and diet are just as important as getting to the gym. Gold's Gym is here to ensure you have enough calories to burn, have the best post-workout snacks, find the best protein shake for you, utilize crucial hydration tips, and more. Recovery: Stretch properly and know when to schedule a rest day to stay injury-free. The Twelve Week Challenge: Gold's Gym annually challenges its members to commit to achieving their goals in just three months. For the first time, this program is available in a book with clear instructions and advice on how to tailor the program to your fitness journey. You can also gain inspiration from success stories from past Challenge winners. So pick up your copy of the Total Fitness Manual and get training today. [The Owner's Manual for Health and Fitness Vol 1](#) George Dorsey, 2016-03 This step-by-step manual was developed to help people from all walks of life to achieve their health and fitness goals. Millions of people all over the world continue to suffer from preventable diseases such as hypertension, diabetes, and cardiovascular disease. Many suffering from these diseases experience increased healthcare cost, lowered quality of life, shorter life expectancy, and many other ill effects of poor health. This book is aimed at arming people with the information that they need to reduce their risk of suffering from these debilitating diseases. Professional athlete, Health and Fitness Activist, American College of Sports Medicine Certified Trainer, and National Academy of Sports Medicine Weight Loss Specialist, George Dorsey created this manual to fill this information gap and to provide to everyone the techniques, strategies, and tools that health and fitness professionals use to create the most effective **Statistical Fact Book**, 2003 **Scholastic Coach**, 1980 **The Darkie's Gold** Max Barrington, 2025-11-04 There are books that entertain, books that thrill, and then there are books like which haunt. Max Barrington's sweeping novel is far more than a crime mystery or a bushranger legend; it's a richly layered exploration of legacy, identity, and the lengths we go to in pursuit of truth or treasure. From the very first page, the story casts a long and mysterious shadow, beginning with Wesley and Adina Ahrens purchasing the storied Twilight Tavern in San Francisco, a setting as steeped in secrets as the couple themselves. The legend of Australian bushranger Frank Gardiner lingers like a ghost over every scene, but it's not nostalgia that drives this narrative; it's reckoning. Reckoning with the past, with hidden sins, and with a line of fate that stretches from the lawless goldfields of

colonial Australia to the rugged hills near the modern day NSW town of Bigga Barrington s writing is elegant dark and precise He doesn t just describe settings he burrows into them The burned out cottage at Kimbarry the chilling discovery in the gully the strange silence of a bullet s path through bone these aren t just scenes They are moments of witness painted with the skill of a novelist who understands that horror and beauty can live in the same breath **Maine Register; Or,**

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Books in Print Supplement ,1985 **Popular Science** ,2005-09 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **American Book**

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Table of Contents Golds Gym Wight Machine Manual

1. Understanding the eBook Golds Gym Wight Machine Manual
 - The Rise of Digital Reading Golds Gym Wight Machine Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Golds Gym Wight Machine 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 Wight Machine Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Golds Gym Wight Machine Manual
 - Personalized Recommendations
 - Golds Gym Wight Machine Manual User Reviews and Ratings
 - Golds Gym Wight Machine Manual and Bestseller Lists
5. Accessing Golds Gym Wight Machine Manual Free and Paid eBooks
 - Golds Gym Wight Machine Manual Public Domain eBooks
 - Golds Gym Wight Machine Manual eBook Subscription Services
 - Golds Gym Wight Machine Manual Budget-Friendly Options
6. Navigating Golds Gym Wight Machine Manual eBook Formats

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