

# 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. Fully extend your arms. 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 with the floor. Lower 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. Keep your legs on a track at your feet. 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 bar. 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 no 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 feet. 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 feet. 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 straight and level 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 end of the strap with your right leg. 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 right leg. 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 your ankle strap. Keep your arm straight and extend 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 arm straight and extend 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 straight and level 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 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 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 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 arms straight, pull the handle toward your chest. Return to the starting position.

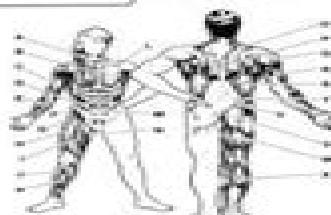
Muscles affected: C, E, S, P, Q, S, T

## 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 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)       | 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. Latissimus Dorsi            |
| E. Brachioradialis (forearm) | R. Quadriceps                  |
| F. Hip Flexors (upper thigh) | S. Hamstrings (back of thigh)  |
| G. Adductor (inner thigh)    | T. Gastrocnemius (calf)        |
| H. Quadriceps                | U. Soleus (calf)               |
| I. Biceps (front of thigh)   | V. Triceps (back of thigh)     |
| J. Deltoid (shoulder)        | W. Gluteus Maximus (butt)      |
| K. Biceps (front of calf)    | X. Gluteus Medius (butt)       |
| L. Soleus (back of calf)     | Y. Gastrocnemius (calf)        |
| M. Adductor (inner thigh)    | Z. Quadriceps (front of thigh) |
| N. Adductor (inner thigh)    |                                |

# **Golds Gym Workout Manual**

**Bloomsbury Publishing**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, positioned to the right of the Bloomsbury Publishing text.

## **Golds Gym Workout Manual:**

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

**Gold's Gym Mass Building, Training, and Nutrition System** Ed Connors,1992 Bodybuilders around the world look to Gold's Gym for state of the art instruction This widely awaited book offers expert advice on training and nutrition and includes techniques from the champions themselves Arnold Schwarzenegger Lee Haney Lou Ferrigno Lee Labrada Debby McKnight and others 250 photographs Fit for Consumption Jennifer Smith Maguire,2007-09-06 This is the first text to offer a comprehensive socio cultural and historical analysis of the current fitness culture Fitness today is not simply about health clubs and exercise classes or measures of body mass index and cardiovascular endurance Fit for Consumption conceptualizes fitness as a field within which individuals and institutions may negotiate if not altogether reconcile the competing and often conflicting social demands made on the individual body that characterize our current era Intended for researchers and senior undergraduate and postgraduate students of sport leisure cultural studies and the body this book utilizes the US fitness field as a case study through which to explore the place of the body in contemporary consumer culture Combining observations in health clubs interviews with fitness producers and consumers and a discourse analysis of a wide variety of fitness texts this book provides an empirically grounded examination of one of the pressing theoretical questions of our time how individuals learn to fit into consumer culture and the service economy and how our bodies and selves become fit for consumption *3 Strokes In 3 Weeks Saved My Life* Leo Costa Jr.,2021-03-25 There were things I was doing in my life that caused 3 strokes in 3 weeks and I needed to figure out what they were and why this had happened to me so that I could make the change in my life I was in desperate need of making Having 3 strokes in 3 weeks was a huge wake up call I knew I needed to change something before I killed myself and I believed the only way I could do that was by finding an answer as to how I got here in the first place This meant asking myself what was I doing wrong and why was I doing it I needed to know and understand what I was doing to my body so that I could come out of this recover and make sure it never happened again This change was going to begin be rediscovering who I was While looking back in hindsight I was surprised to uncover some things about myself I realized that I have extreme behavior for the things I have passion for and this took a big part in the conclusion as to why I was putting so much stress on my body When I have a passion for something I learned I have perfect willingness and drive to be the best at it no matter the consequences that may follow I was surprised to learn that in the journey of my life there were these pathways that I had chosen without thinking at the times why I was choosing them and now those choices were helping me understand my behavior giving me the ability to control them for the future 3 strokes in 3 weeks was my wake up call That's what it took in order to save me from myself *The Weider System of Bodybuilding* Joe Weider,Bill Reynolds,1983 Time tested principles that help bodybuilders get the most out of their training 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

**Army Physical Readiness Training Manual** Barry Leonard, 2011-05 Guides leaders through a systematic approach to training consisting of an ordered comprehensive assemblage of facts principles and methods for training soldiers and units Provides a balanced training program that prepares soldiers for successful task performance and provides linkage to other training Injury control is woven into the training's fabric by recommended exercise intensity volume specificity and recovery within its progressive training schedules Sample schedules provide the commander a doctrinal template that can be applied to the unit's training needs Append Physical Fitness Test Climbing Bars Posture and Body Mechanics Environ Considerations Obstacle Negotiations Numerous photos This is a print on demand pub

*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 Complete Idiot's Guide to Short Workouts](#) Deidre Johnson-Cane, Jonathan Cane, Joe Glickman, 2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts

**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 Gold's Gym Training Encyclopedia** Peter Grymkowski, 1984 The Gold's Gym Training Encyclopedia is the best book of its kind I wish I'd had this book when I began bodybuilding It would have saved me two or three years of wasted effort Samir Bannout Mr Olympia 1983 Gold's Gym the most trusted and best known bodybuilding emporium in the world presents the first encyclopedia of bodybuilding and weight training exercises and routines ever assembled The Gold's Gym Training Encyclopedia details the full spectrum of resistance exercises available body part by body part technique by technique Featured are more than 300 proven exercises for all parts of the body using free weights as well as Nautilus and Universal machines Each exercise is clearly described and is illustrated by champion bodybuilders only who in addition have contributed 150 of their best training programs Such top stars include Scott Wilson Carla Dunlap Mohamed Makkawy Tom Platz Casey Viator Tim Belknap Rachel McLish Mike Christian Charles Glass Inger Zetterqvist Sue Ann McKean Andreas Cahling Rich Valente Boyer Coe Samir Bannout and Julie McNew Peter Grymkowski has won a number of bodybuilding titles including IFBB Mr World and Mr America heavyweight He Edward Connors and Tim Kimber are co-owners of Gold's Gym

Enterprises Inc Bill Reynolds is the author of scores of articles and books on weight training and bodybuilding including *The Gold's Gym Book of Bodybuilding* *Weight Training for Beginners* and *Bodybuilding for Beginners* all published by Contemporary

**The Complete Guide to Boxing Fitness** Hilary Lissenden, 2015-01-08 A comprehensive practical guide to non contact boxing looks at workouts in an individual group or class setting Learn how to improve clients body composition heart lung stamina strength speed coordination balance and flexibility It also covers boxing training's less tangible but equally important benefits such as building confidence and self esteem especially relevant to schools and young people Key features include Fully illustrated with vibrant photographs and practical diagrams for imparting core boxing and safety techniques e.g. wrapping clients hands teaching correct stance punches and combinations Sample training programmes for clients of differing abilities and fitness levels with guidance on safe and appropriate progression Relevant content on dietary and health matters *The Complete Guide to Boxing Fitness* is a tried and tested unique guide to boxing skills and drills for the fitness and sporting arenas

*Gold's Gym Book, Strength* Ken Sprague, 1984-01-15

*The Road Cycling Performance Manual* Bloomsbury Publishing, 2018-06-14 Aimed at cyclists who take their riding seriously *The Road Cycling Performance Manual* disseminates the most up to date training approaches based on the latest sports science thinking and the work of the elite cycling teams to help riders reach their peak level and improve their overall performance Written by leading cycling journalist and former Masters Team Pursuit World Champion Nikalas Cook this authoritative and insightful book provides cyclists with everything they need to know to train and perform at their highest level Featuring the latest research and practical advice including the importance of getting the fundamentals of bike set up equipment selection and nutrition correct this expert guide will lead to dramatic improvements to training times and ride performance Complete with exclusive contributions from leading cyclists and team coaches from the world of cycling *The Road Cycling Performance Manual* will provide riders with the competitive advantage to ensure they move up the race field

**Subject Guide to Books in Print**, 2001

*Take the Cardio Challenge* The Experts at Gold's Gym, 2018-12-15 This book reminds students that there are many ways to exercise From walking to running cycling to boxing high intensity interval training to swimming this guidebook provides readers with a variety of cardiovascular training exercises Students will receive sample exercises and stretches to add to their repertoire and learn about the importance of cardiovascular exercise This book demonstrates the physical benefits such as increased blood circulation improved stamina and stronger heart and lungs that exercise has on the body

**The Three Muscleteers** Ed Connors, 2022-04-12 *The Three Muscleteers* is the story of Gold's Gym and what's now known around the world as the fitness industry Not long ago athletes of most popular sports football basketball baseball never lifted weights Coaches and trainers even doctors were against it especially for women The film *Pumping Iron* which made Arnold Schwarzenegger a star was shot at Gold's Gym That along with the explosion of bodybuilding competitions that followed throughout the 80s was a big bang moment Thanks to the trifecta of Joe Weider's fitness magazines Arnold's

stardom and Gold's Gym the fitness industry was transformed As one of the three owners of Gold's Gym during its golden years Ed Connors will inspire with his success stories of hundreds of visitors to his home in Venice CA only blocks from Gold's Gym Visitors he believed were destined for greatness like action film star and WWE champion John Cena who helped make Gold's Gym the Mecca and the largest gym chain in the world Ed believes life is half fate and half what you do with it The Three Musketeers amplifies the importance of taking risks creating the perfect team and never giving up inspiring bodybuilders wrestlers athletes actors architects CEOs and anyone willing to take a chance to flex their own muscles

*Library Journal* ,1981-07      **Exercise Manuals** George Albert Wentworth,1889      **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff,R R Bowker Publishing,1996-09

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