

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 at your sides and extend them as far as possible. 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 should be 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 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 with your feet shoulder-width apart. 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 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 arm at your side. Lift 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 arm slightly bent. Lift 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 arms straight, pull the handle toward your chest. Return to the starting position.

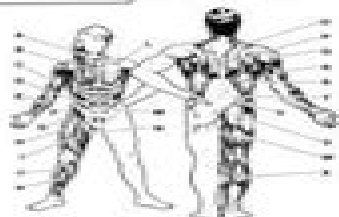
Muscles affected: C, E, S, P, Q, S, T

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 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)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Triceps (back of arm)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Adductor (inner thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Gluteus Medius (back of thigh)
- K. Soleus (back of calf)
- L. Gastrocnemius (calf)
- M. Adductor (inner thigh)
- N. Triceps (upper back)
- O. Rhomboid (upper back)
- P. Pectoralis Minor (chest)
- Q. Gluteus Maximus (back of thigh)
- R. Hamstring (back of leg)
- S. Gastrocnemius (back of calf)

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Golds Gym Workout Manual

JA Banks



Golds Gym Workout Manual:

This book delves into Golds Gym Workout Manual. Golds Gym Workout Manual is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Golds Gym Workout Manual, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Golds Gym Workout Manual
 - Chapter 2: Essential Elements of Golds Gym Workout Manual
 - Chapter 3: Golds Gym Workout Manual in Everyday Life
 - Chapter 4: Golds Gym Workout Manual in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Golds Gym Workout Manual. This chapter will explore what Golds Gym Workout Manual is, why Golds Gym Workout Manual is vital, and how to effectively learn about Golds Gym Workout Manual.
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5. In chapter 4, the author will scrutinize the relevance of Golds Gym Workout Manual in specific contexts. The fourth chapter will explore how Golds Gym Workout Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Golds Gym Workout Manual. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Golds Gym Workout Manual.

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annuelle de l usage de cannabis chez les jeunes de 15 et 16 ans était de 5 34 contre 4 3 chez les adultes en outre la consommation de drogues est particulièrement nocive pour les jeunes

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