

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 raise your legs as shown. Do not allow your lower back to round. 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. 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 as shown. 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: W

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 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 as fast as you can. 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 other arm. Bend your body 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 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 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 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.

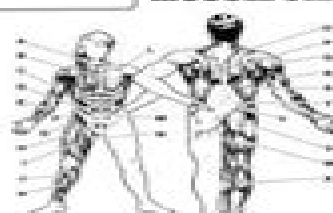
Muscles affected: C, E, S, P, Q, S, T

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



- | | |
|--------------------------------|---------------------------------|
| 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. Lat. Dorsi (upper thigh) | S. Gluteus (back of arm) |
| G. Adductor (inner thigh) | T. Latissimus (dorsal) |
| H. Quadriceps (front of thigh) | U. Erector (lower back) |
| I. Biceps (front of thigh) | V. Erector (lower back) |
| J. Triceps (back of arm) | 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) |

Gold Gym Weight System Exercise Guide

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web the board of dentistry was established by an act of the legislature in 1887 to regulate the practice of dentistry it is the oldest health regulatory licensing board in the state in 1946 dental hygiene was established as a licensed profession in oregon and added to the purview of the board in 2022 dental

regulatory information oregon dental - Dec 12 2022

web regulatory information the oregon dental practice act the oregon dental practice act is a complete list of laws and administrative rules outlining the practice of dentistry in the state of oregon these laws and rules apply to dentists hygienists denturists and dental assistants licensure registration for dental professional in oregon

ors 679 603 dental therapy license oregonlaws - Nov 30 2021

web the text that is operative on and after january 1 2025 is set forth for the user s convenience 679 603 dental therapy license 1 the oregon board of dentistry shall issue a license to practice dental therapy to an applicant who a is at least 18 years of age b submits to the board a completed application form c demonstrates a

meeting notice dental assistant workforce shortage oregon gov - Sep 28 2021

web oregon board of dentistry 1500 sw 1st ave portland oregon 97201 zoom meeting information address the dental assistant workforce shortage in oregon 4 board discussed at august board meeting brought to

regulation of dental hygiene in oregon odha - Jun 06 2022

web composition the oregon board of dentistry obd consists of 10 members who are appointed by the governor of oregon six members are dentists licensed in oregon one of which must be a specialist two members are dental hygienists licensed in oregon and two are public members

oregon board of dentistry new licensing system state of oregon - May 17 2023

web contact us 1500 sw 1st avenue suite 770 portland or 97201 telephone 971 673 3200 fax 971 673 3202 contact us

ors 679 140 discipline of licensee oregonlaws - Jan 01 2022

web the oregon board of dentistry may discipline as provided in this section any person licensed to practice dentistry in this state for any of the following causes a

oregon board of dentistry verify license state of oregon - Aug 20 2023

web the dental assisting national board danb certifies dental assistants for all of oregon s certifications i e anesthesia expanded functions restorative and radiologic proficiency certification information is available on danb s web site

ors 679 230 oregon board of dentistry - Aug 08 2022

web the oregon board of dentistry consists of 10 members appointed by the governor and subject to confirmation by the senate in the manner provided in ors 171 562 procedures for confirmation and 171 565 vote required for confirmation all

members of the board must be residents of this state of the members of the board a

oregon board of dentistry board of dentistry - Jul 07 2022

web the board of dental examiners is responsible for the protection of the public by governing and regulating the practice of dentistry and dental hygiene in oregon the board examines licenses and registers applicants whom it finds qualified to practice dentistry and dental hygiene

oregon board of dentistry credential verifications state of oregon - Jul 19 2023

web if you hold an active or have an expired retired dental dental hygiene or dental therapy license there is no paperwork required to verify your credentials your new licensing board will need to use our online verification system to verify your oregon license which is available here online oregondentistry.org verifylicense

oregon board of dentistry welcome page state of oregon - Sep 21 2023

web oregon board of dentistry the mission of the oregon board of dentistry is to promote quality oral health care and protect all communities in the state of oregon by equitably and ethically regulating dental professionals

oregon board of dentistry board members staff state of oregon - Aug 28 2021

web the mission of the oregon board of dentistry is to promote quality oral health care and protect all communities in the state of oregon by equitably and ethically regulating dental professionals the goals of the board are to protect the public from unsafe incompetent or fraudulent practitioners and to encourage licensees to practice safely and

notice of regular meeting place virtual via zoom 9 15 a oregon gov - Oct 30 2021

web oct 27 2023 oregon dental assistants association 3 committee and liaison reports rules oversight committee meeting 10 3 2023 chair dr jose javier topic of local anesthesia brought back to the board from last board meeting o oregon dpp 100 anesthesia administration training for dental therapists o coda info email on local

oregon board of dentistry state of oregon oregon secretary of state - Nov 11 2022

web oregon board of dentistry chapter 818 division 21 examination and licensing 818 021 0010 application for license to practice dentistry 1 an applicant to practice general dentistry in addition to the requirements set forth in ors 679 060 and 679 065 shall submit to the board satisfactory evidence of

oregon board of dentistry licensing renewal requirements for or - Apr 04 2022

web sep 27 2021 the official oregon board of dentistry address and contact information is listed below board of dentistry name oregon board of dentistry physical address 1500 sw 1st avenue suite 770 portland or 97201 mailing address 1500 sw 1st avenue suite 770 portland or 97201 telephone and email contact information phone

oregon board of dentistry apply for license permit or - Jun 18 2023

web apply for license permit or endorsement the various pathways to licensure for dentists dental hygienists and dental

therapists appear below please review the following information carefully before submitting your application