

1 BENCH PRESS

Set on the seat and hold the handles with an overhead grip. Raise your arms until your arms are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, H

2 MILITARY PRESS

Adjust the system as required for the exercise. Set on the seat and grasp the arms with an overhead grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, H

3 BUTTERFLY

Set 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 overhead 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, H

5 SQUAT

Hold the handles with an overhead grip, and straighten your legs. Slowly bend your legs as shown. Do not allow your knees to go beyond your toes. Return to the starting position.

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Place the left arm with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Hold the leg for a few seconds. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W

7 VERTICAL KNEE RAISE

Place 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, keeping your legs in front of your torso. Return to the starting position.

Muscles affected: F, W

8 ASSISTED DIP

Grab the desired weight setting. Grasp the two 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, B

9 PULL-UP

Grab the pull-up handles as shown. Lower your body until your arms are straight. Slowly pull your body up until your chin is over the bar. Return to the starting position.

Muscles affected: C, B, D, P, Q, B

10 PREACHER CURL

Set on the seat and rest your arms on the curved pads. Hold the bar with an underhand grip and extend your arms. Slowly curl the bar back toward your chest. Return to the starting position.

Muscles affected: C, B



11 LEG PRESS

Set on the seat and place your feet on the press plate as shown. Press the bar until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, H, B

12 LEG EXTENSION

Set on the seat and position your feet under the pads on the leg tower. Place the leg under until your legs are straight. Return to the starting position.

Muscles affected: H

13 LEG CURL

Rest with the back of one leg resting against one of the pads on the leg tower. Place the leg under by bending your leg as shown. Return to the starting position.

Muscles affected: H

14 AB CRUNCH

Adjust the sit straps to the sit cable. Place the sit straps over your shoulders. Lie on your back, 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 overhead grip. Keep your arms straight. Lower the bar. Return to the starting position.

Muscles affected: B, H

16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Attach the lat bar with an overhead grip. Your hands should be wider apart. While in a pushdown position, push the lat bar forward your hips. Return to the starting position.

Muscles affected: B, H, B, B

17 LAT PULL-DOWN

Attach the lat bar to the high cable. Set facing the system, grasp your arms up and hold the ends of the lat bar with an overhead grip. Pull the lat bar down as far as you can. Return to the starting position.

Muscles affected: C, B, H, B

18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Set 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: B, H

19 CROSSOVER FLY

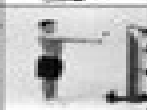
Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, B

20 BACK EXTENSION

Attach the lat bar to the low cable. Set on the seat and hold the lat bar against your chest as shown. Keep your back straight and bend back at the hips. 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 overhead grip. Keep your back straight, and your feet up. Return to the starting position.

Muscles affected: B, H, T, K, H

22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm (downward) and hold the handles with your other arm. Bend to the side as much as possible. Return to the starting position.

Muscles affected: C, B, H

23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms straight and hold the lat bar with an overhead grip. Keep your arms at your sides. Shrug your shoulders up. Return to the starting position.

Muscles affected: B, Q, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhead grip. Extend your arm back, lifting the handle over your head. Return to the starting position.

Muscles affected: B, B

25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm straight and hold the handle with an overhead grip. Keep your arm at your side. Curl the handle toward your chest. Return to the starting position.

Muscles affected: C, B

26 FRONT KICK

Attach the arms strap to the low cable. Stand with your feet shoulder-width apart. Kick the leg straight out in front of you. Return to the starting position.

Muscles affected: F, B, H, B

27 HEEL KICK

Attach the arms strap to the low cable. Stand with your feet shoulder-width apart. Kick your leg back as shown. Return to the starting position.

Muscles affected: Q, V, H

28 HIP ADDUCTION

Attach the arms strap to the low cable. Stand sideways and extend your inside leg with your arms straight. Bend your knee and swing it to the side. Return to the starting position.

Muscles affected: L, H

29 HIP ABDUCTION

Attach the arms strap to the low cable. Stand sideways, and extend your outside leg into the arms strap. Keep your leg up to the chest level. Return to the starting position.

Muscles affected: B, V

30 STRANDING CURL

Attach the lat bar to the low cable. Set on the seat and hold the lat bar with an underhand grip. Keep your arms at your sides and pull the lat bar up over your chest. Return to the starting position. To vary the exercise, use the lat bar with an overhead grip.

Muscles affected: C, B



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm (downward) and hold the handle with your other arm. Bend to the side until your arm is level with your shoulder. 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 other arm. Bend the handle to the side until your arm 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 both arms downward and hold the lat bar with an overhead grip. Keeping your arms straight, raise the lat bar until your arms are level with your shoulders. Return to the starting position.

Muscles affected: L, P, Q

34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhead grip. Pull the curl bar to your chest. Return to the starting position.

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

35 BENT ROW

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

Muscles affected: C, B, Q, P, Q, B, F

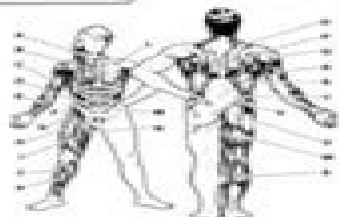
36 SEATED ROW

Attach the curl bar to the low cable. Set on the floor and hold the curl bar with an overhead grip. Pull the curl bar toward your chest and bend back. Return to the starting position.

Muscles affected: C, B, Q, P, Q, B, F



MUSCLE CHART



- | | |
|----------------------------------|--------------------------------|
| A. Deltomastoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Deltomastoid |
| D. Triceps (back of arm) | Q. Trapezius (neck) |
| E. Brachioradialis (forearm) | R. Pectoralis (outer) |
| F. Hip Flexors (upper thigh) | S. Adductor (back of arm) |
| G. Adductor (inner thigh) | T. Latissimus (back) |
| H. Quadriceps | U. Latissimus (back) |
| I. Hamstring (back of thigh) | V. Hamstring (back of leg) |
| J. Gastrocnemius (back of thigh) | W. Gastrocnemius (back of leg) |
| K. Soleus (back of calf) | X. Gastrocnemius (back of leg) |
| L. Gastrocnemius (back of calf) | Y. Gastrocnemius (back of leg) |
| M. Rectus Abdominus (abdomen) | Z. Gastrocnemius (back of leg) |

Weider Weight System Exercise Guide

LL Leslie

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