

Weider Weight System Exercise Guide

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1 BENCH PRESS Sit on the seat and hold the handles with an overhand grip. Press your elbows as shown. Keep your back straight. Fully extend your arms. Return to the starting position. Muscles affected: B, L, R		11 LEG PRESS Sit on the seat and place your feet on the foot bar. Press your legs as shown. Keep your back straight. Fully extend your legs. Return to the starting position. Muscles affected: H, V, R, X		21 DEAD LIFT Attach the lat bar to the low cable. Bend your knees and hold the lat bar with an overhand grip. Straighten your legs, lowering your arms and back straight, and your torso up. Return to the starting position. Muscles affected: H, T, V, W		31 LATERAL RAISE Attach a handle to the low cable. Stand sideways and hold the lat bar with an overhand grip. Raise the handle to the side until your hand is level with your shoulder. Return to the starting position. Muscles affected: L, O, Q	
2 MILITARY PRESS Adjust the system as required for the exercise. Sit on the seat and grasp the arms with an overhand grip. Press your back straight, fully extend your arms. Return to the starting position. Muscles affected: L, Q, R		12 LEG EXTENSION Sit on the seat and position your feet under the pads on the leg lever. Press the leg lever with your legs as shown. Return to the starting position. Muscles affected: H		22 SIDE BEND Attach the handle to the low cable. Stand sideways, extend one arm downward, and hold the handle. Keep your arm at your side and bend to the side as shown. Return to the starting position. Muscles affected: C, E, M		32 BENT LATERAL RAISE Attach the handle to the low cable. Stand sideways and bend forward, extend 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	
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		13 LEG CURL Rest 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: 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 as far as possible. Return to the starting position. Muscles affected: C, O, P		33 FRONT RAISE Attach the lat bar to the low cable. Extend both 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, Q	
4 CALF RAISE Hold the handles with an overhand grip. Keep your arms at your sides as far as possible. Return to the starting position. Muscles affected: K, X		14 AB CRUNCH Attach the ab straps to the ab cable. Hold the ab straps over your stomach. Lean forward, bending at your waist and keeping your back straight. Muscles affected: M		24 OVERHEAD EXTENSION Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arm upward. Using the handle, raise your head. Return to the starting position. Muscles affected: E, R		34 UPRIGHT ROW Attach the cut bar to the low cable. Hold the cut bar with an overhand grip. Lift the cut bar to your chest. Return to the starting position. Muscles affected: C, E, L, O, P, Q	
5 SQUAT Hold the handles with an overhand grip, and straighten your legs. Slowly bend your legs as shown. Do not allow your lower back to pull away from the foot bar. Return to the starting position. Muscles affected: H, L, V, 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 elbows close to your sides, and your arms straight. Return to the starting position. Muscles affected: E, R		25 ISOLATION CURL Attach a handle to the low cable. Hold the handle with an overhand grip. Keep your arm at your side. Raise your forearm toward your chest. Return to the starting position. Muscles affected: C, E		35 BENT ROW Attach the handle to the low cable. Bend forward, extend your arms, and hold the handle with an overhand grip. Keep your back straight and raise your hands toward your stomach. Return to the starting position. Muscles affected: C, E, G, P, Q, R, T	
6 ALTERNATE LEG RAISE Mount the VMO arms with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Avoid swinging your leg. Return to the starting position. Alternate legs with each repetition. Muscles affected: B, L, W		16 STIFF ARM PUSHDOWN Connect the lat bar to the high cable. Hold the lat bar with an overhand grip. Hold the ends of the lat bar above your head with your arms straight. Push the lat bar toward your knees. Return to the starting position. Muscles affected: E, P, R, S		26 FRONT KICK Attach the ankle strap to the low cable. Stand as shown and insert one leg into the ankle strap. Keep your leg straight and move it forward as shown. Return to the starting position. Muscles affected: G, H, I		36 SEATED ROW Attach the cut bar to the low cable. Sit on the floor and hold the cut bar with an overhand grip. Pull the cut bar toward your stomach and rear back. Return to the starting position. Muscles affected: C, E, G, P, Q, R, T	
7 VERTICAL KNEE RAISE Mount the VMO arms with your back to the system and your arms supporting your weight. Slowly raise your knees as high as they will go. Keep your feet pointed and avoid swinging your legs. Return to the starting position. Muscles affected: F, M		17 LAT PULL-DOWN Attach the lat bar to the high cable. Sit facing the system, extend your arms up, and hold 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		27 HEEL KICK Attach the ankle strap to the low cable. Insert one leg into the ankle strap. Keep your leg straight and move it to the side as shown. Return to the starting position. Muscles affected: L, V, W		37 MUSCLE CHART 	
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, O, P, Q, 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		28 HIP ADDUCTION Attach the ankle strap to the low cable. Stand sideways and insert your inside leg into the ankle strap. Keep your leg straight and move it to the side as shown. Return to the starting position. Muscles affected: L, W			
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 your hands. Return to the starting position. Muscles affected: C, E, G, P, S		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 your hips in a hugging motion. Return to the starting position. Muscles affected: B, L, Q, 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 leg straight and move it to the side as shown. Return to the starting position. Muscles affected: G, U			
10 PREACHER CURL Sit on the seat and rest your arms on the seat pad. Hold the lat bar with an overhand grip and extend your arms. Slowly curl the lat bar forward your chest. Return to the starting position. Muscles affected: C, E		20 BACK EXTENSION Attach the lat bar to the low cable. Sit on the floor and hold the lat bar with an overhand grip. Keep your elbows at your sides and curl the lat bar up toward your chest. Return to the starting position. Muscles affected: T		30 STANDING CURL Attach the lat bar to the low cable. Extend your arms and hold the lat bar with an overhand grip. Keep your elbows at your sides and curl the lat bar up toward your chest. Return to the starting position. To vary this exercise, hold the lat bar with an overhand grip. Muscles affected: C, E			

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IMPORTANT: This poster shows a selection of exercises that can be performed using WEIDER® weight systems. Note that your weight system may not have all of the features shown on this poster. Therefore, you may not be able to perform all of the exercises shown. Refer to your user's manual for additional exercise information.

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Weider Weight System Exercise Guide: If you're looking to enhance your fitness routine, the Weider Weight System provides a comprehensive and versatile approach to strength training. Founded by fitness pioneer Joe Weider, this system offers users a range of exercises that can be adapted to suit various fitness levels. In this guide, we will delve into the features of the Weider Weight System, its benefits, essential exercises, and tips for effective workouts.

Understanding the Weider Weight System

The Weider Weight System is designed to cater to both beginners and experienced athletes. It often includes a variety of equipment such as weight plates, barbells, and specialized machines that allow users to perform a wide array of exercises targeting different muscle groups.

Key Features

1. **Versatility:** The system is versatile, enabling users to perform multiple exercises with one piece of equipment. This adaptability makes it suitable for home gyms and commercial settings.
2. **Progressive Resistance:** The Weider Weight System allows for incremental weight adjustments, which is crucial for muscle growth and strength building.
3. **Compact Design:** Many Weider products are designed to be space-efficient, making them ideal for home use without compromising on functionality.
4. **Comprehensive Workout Plans:** Along with the equipment, the Weider system often comes with workout guides that help users understand how to effectively utilize the equipment for maximum results.

Benefits of the Weider Weight System

Using the Weider Weight System offers several advantages for fitness enthusiasts:

1. **Muscle Building:** Resistance training promotes muscle hypertrophy, leading to increased muscle mass and strength.
2. **Fat Loss:** Engaging in weight training boosts metabolism, which can aid in fat loss when combined with a proper diet.
3. **Improved Bone Density:** Weight-bearing exercises help in strengthening bones and reducing the risk of osteoporosis.
4. **Enhanced Functional Strength:** Using the Weider system can improve overall functional strength, aiding in daily activities and reducing the risk of injury.
5. **Customizability:** Users can tailor their workouts based on their fitness levels and goals, making it suitable for a broad audience.

Essential Exercises with the Weider Weight System

The Weider Weight System can facilitate a wide range of exercises. Here are some essential movements to incorporate into your routine:

1. Bench Press

- Muscle Groups Targeted: Chest, triceps, shoulders.
- How to Perform:
 1. Lie on a flat bench with your feet flat on the ground.

2. Grip the barbell slightly wider than shoulder-width.
3. Lower the barbell to your chest while inhaling.
4. Push the barbell back to the starting position while exhaling.

2. Squats

- Muscle Groups Targeted: Quads, hamstrings, glutes.
- How to Perform:
 1. Stand with your feet shoulder-width apart.
 2. Hold the barbell across your upper back.
 3. Lower your body by bending your knees and pushing your hips back.
 4. Keep your chest up and back straight.
 5. Return to the starting position by pushing through your heels.

3. Deadlifts

- Muscle Groups Targeted: Back, glutes, hamstrings.
- How to Perform:
 1. Stand with your feet hip-width apart with the barbell over the midfoot.
 2. Bend at your hips and knees to grasp the barbell.
 3. Keep your back flat and chest up as you lift the barbell by extending your hips and knees.
 4. Lower the barbell back to the ground with control.

4. Bent-Over Rows

- Muscle Groups Targeted: Back, biceps, shoulders.
- How to Perform:
 1. Stand with your feet shoulder-width apart and slightly bend your knees.
 2. Hinge at your hips and lean forward while keeping your back straight.
 3. Hold the barbell with palms facing down and pull it towards your lower rib cage.
 4. Lower the barbell back to the starting position.

5. Shoulder Press

- Muscle Groups Targeted: Shoulders, triceps.
- How to Perform:
 1. Stand or sit with a barbell at shoulder height.
 2. Grip the barbell with palms facing forward.
 3. Press the barbell overhead until your arms are fully extended.
 4. Lower the barbell back to shoulder height.

Tips for Effective Workouts

To maximize your results with the Weider Weight System, consider the following tips:

1. **Warm-Up:** Always start your workout with a warm-up to prepare your muscles and joints for intense activity. This can include dynamic stretches or light cardio.
2. **Focus on Form:** Prioritize proper form and technique over lifting heavier weights. This will prevent injuries and ensure you're effectively targeting the intended muscle groups.
3. **Gradual Progression:** Increase weights gradually as you build strength. This will help prevent plateaus and promote continuous improvement.
4. **Rest and Recovery:** Allow adequate rest between workout sessions targeting the same muscle groups. This is crucial for muscle recovery and growth.
5. **Stay Hydrated:** Drink plenty of water before, during, and after your workouts to maintain hydration and performance.
6. **Mix It Up:** Incorporate a variety of exercises to prevent boredom and target different muscle groups effectively.

Sample Workout Plan

Here's a sample workout plan to get you started with the Weider Weight System:

Day 1: Upper Body

- Bench Press: 4 sets of 8-10 reps
- Bent-Over Rows: 4 sets of 8-10 reps
- Shoulder Press: 3 sets of 10-12 reps
- Tricep Dips: 3 sets of 10-12 reps

Day 2: Lower Body

- Squats: 4 sets of 8-10 reps
- Deadlifts: 4 sets of 8-10 reps
- Lunges: 3 sets of 10-12 reps per leg
- Calf Raises: 3 sets of 15-20 reps

Day 3: Rest or Light Cardio

Day 4: Full Body

- Circuit of: Bench Press, Squats, Bent-Over Rows, Deadlifts (3 rounds, 12 reps each)

Day 5: Core and Flexibility

- Planks: 3 sets of 30-60 seconds
- Russian Twists: 3 sets of 15-20 reps
- Stretching Routine: 15-20 minutes

Conclusion

The Weider Weight System Exercise Guide provides a solid foundation for anyone looking to enhance their strength training routine. By understanding the system's features and benefits, mastering essential exercises, and following structured workout plans, users can achieve their fitness goals effectively. Remember, consistency and dedication are key to success in any workout regimen. Whether you are a beginner or an experienced lifter, the Weider Weight System can help you on your journey to improved health and fitness.

Frequently Asked Questions

What is the Weider Weight System?

The Weider Weight System is a series of resistance training equipment and exercise guides designed to help users build strength and muscle using various weightlifting techniques and principles.

How do I get started with the Weider Weight System?

To get started, familiarize yourself with the equipment, read the provided exercise guide thoroughly, and begin with basic exercises, gradually increasing weight and complexity as you gain strength.

What exercises are included in the Weider Weight System exercise guide?

The Weider Weight System exercise guide typically includes exercises for all major muscle groups, such as bench presses, squats, deadlifts, rows, and various isolation exercises targeting biceps, triceps, and shoulders.

Can beginners use the Weider Weight System effectively?

Yes, beginners can effectively use the Weider Weight System by starting with lighter weights, focusing on proper form, and following the structured routines outlined in the exercise guide.

How often should I train using the Weider Weight System?

It is recommended to train 3 to 4 times a week, allowing rest days in between sessions to promote muscle recovery and growth while following the workout routines in the exercise guide.

Are there any nutritional guidelines included with the Weider Weight System?

While the primary focus of the Weider Weight System is on exercise, some guides may include basic nutritional advice to complement your training and help maximize results.

What are the benefits of using the Weider Weight System?

Benefits of using the Weider Weight System include increased strength, improved muscle tone,

enhanced endurance, and a structured approach to weight training that can be customized to individual fitness levels.

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