

WEIDER

WEIGHT SYSTEM EXERCISE GUIDE

1. PNEUS

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

2. MILITARY PRESS

Adjust the pulleys so located to the elbows. Sit on the machine, push the arms with an overhand grip. Pushing your elbows straight fully extend your arms. Return to the starting position.

Muscles affected: L, B, R

3. BUTTERFLY

Place your arms and elbows on the machine. Push your arms out, then return to the starting position.

Muscles affected: B, L

4. CALF RAISE

Place the handles on the machine. Push your arms out, then return to the starting position.

Muscles affected: B, L

5. SQUAT

Place the handles on the machine. Push your arms out, then return to the starting position.

Muscles affected: B, L, R, S

6. ALTERNATE LEG RAISE

Place the handles on the machine. Push your arms out, then return to the starting position.

Muscles affected: B, L, R

7. VERTICAL KNEE RAISE

Place the handles on the machine. Push your arms out, then return to the starting position.

Muscles affected: B, L

8. ASSISTED DIP

Place the handles on the machine. Push your arms out, then return to the starting position.

Muscles affected: B, L, R, S

9. TRICEPS

Place the handles on the machine. Push your arms out, then return to the starting position.

Muscles affected: B, L, R, S

10. HORIZONTAL CURL

Place the handles on the machine. Push your arms out, then return to the starting position.

Muscles affected: B, L

11. LEG PRESS

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S

12. LEG EXTENSION

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

13. LEG CURL

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

14. AB CRUNCH

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

15. TRICEPS PRESS DOWN

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L

16. STIFF ARM PUSHDOWN

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S

17. LAT PULL DOWN

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S

18. TRICEPS EXTENSION

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L

19. OVERSHOULDER FLX

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S

20. BACK EXTENSION

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

21. DEAD LIFT

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S, W

22. SIDE BEND

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

23. SHOULDER DRAG

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S

24. ANKLE EXTENSION

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

25. ISOLATION CURL

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L

26. FRONT KICK

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S

27. HEEL KICK

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

28. HIP ADDUCTOR

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

29. HIP ABDUCTOR

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

30. CIRCULAR

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B

31. LATERAL RAISE

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: L, B, R

32. BENT LATERAL RAISE

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R

33. FRONT RAISE

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: L, B, R

34. UPRIGHT ROW

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S, W

35. BENT ROW

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

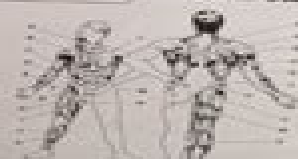
Muscles affected: B, L, R, S, W

36. SEATED ROW

Place the feet on the base of the machine, with an overhand grip. Push your elbows as far apart as possible, then return to the starting position.

Muscles affected: B, L, R, S, W

MUSCLE CHART



HEAD AND NECK:
1. PNEUS
2. MILITARY PRESS
3. BUTTERFLY
4. CALF RAISE
5. SQUAT
6. ALTERNATE LEG RAISE
7. VERTICAL KNEE RAISE
8. ASSISTED DIP
9. TRICEPS
10. HORIZONTAL CURL
11. LEG PRESS
12. LEG EXTENSION
13. LEG CURL
14. AB CRUNCH
15. TRICEPS PRESS DOWN
16. STIFF ARM PUSHDOWN
17. LAT PULL DOWN
18. TRICEPS EXTENSION
19. OVERSHOULDER FLX
20. BACK EXTENSION
21. DEAD LIFT
22. SIDE BEND
23. SHOULDER DRAG
24. ANKLE EXTENSION
25. ISOLATION CURL
26. FRONT KICK
27. HEEL KICK
28. HIP ADDUCTOR
29. HIP ABDUCTOR
30. CIRCULAR
31. LATERAL RAISE
32. BENT LATERAL RAISE
33. FRONT RAISE
34. UPRIGHT ROW
35. BENT ROW
36. SEATED ROW

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Table of Contents Max Ultra By Weider Manual

1. Understanding the eBook Max Ultra By Weider Manual
 - The Rise of Digital Reading Max Ultra By Weider Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Max Ultra By Weider Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Max Ultra By Weider Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Max Ultra By Weider Manual
 - Personalized Recommendations
 - Max Ultra By Weider Manual User Reviews and Ratings
 - Max Ultra By Weider Manual and Bestseller Lists
5. Accessing Max Ultra By Weider Manual Free and Paid eBooks
 - Max Ultra By Weider Manual Public Domain eBooks
 - Max Ultra By Weider Manual eBook Subscription Services
 - Max Ultra By Weider Manual Budget-Friendly Options

6. Navigating Max Ultra By Weider Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Max Ultra By Weider Manual Compatibility with Devices
 - Max Ultra By Weider Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Max Ultra By Weider Manual
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 - Interactive Elements Max Ultra By Weider Manual
8. Staying Engaged with Max Ultra By Weider Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Max Ultra By Weider Manual
9. Balancing eBooks and Physical Books Max Ultra By Weider Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Max Ultra By Weider Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Max Ultra By Weider Manual
 - Setting Reading Goals Max Ultra By Weider Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Max Ultra By Weider Manual
 - Fact-Checking eBook Content of Max Ultra By Weider Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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