

# WEIDER

# WEIGHT SYSTEM EXERCISE GUIDE

**1 PRESS**  
 Sit on the bench and hold the handles with an overhand grip. Press up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B**

**2 MILITARY PRESS**  
 Sit on the bench as directed by the coach. Hold the handles with an overhand grip. Press up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B**

**3 BUTTERFLY**  
 Sit on the bench and hold the handles with an overhand grip. Push the handles wide apart. Pull them together. Do not allow the weight to touch the starting position.



Muscles affected: **S, L**

**4 CALT RISE**  
 Stand on the platform. Push up with the balls of your feet. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B**

**5 SQUAT**  
 Stand on the platform with your feet shoulder-width apart. Push down with your feet. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**6 ALTERNATE LEG RAISE**  
 Stand on the platform with your feet shoulder-width apart. Push down with your feet. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**7 VERTICAL KNEE RAISE**  
 Stand on the platform with your feet shoulder-width apart. Push down with your feet. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**8 ASSISTED DIP**  
 Stand on the platform with your feet shoulder-width apart. Push down with your feet. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**9 TRICEPS EXTENSION**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**11 LEG PRESS**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**12 LEG EXTENSION**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **H**

**13 LEG CURL**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **H**

**14 AB CRUNCH**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **H**

**15 TRICEPS PRESS DOWN**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**16 STIFF LEGS PULLDOWN**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**17 LAT PULL DOWN**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**18 TRICEPS EXTENSION**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**19 SHOULDER EXTENSION**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**21 DEAD LIFT**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H, W**

**22 BICEP BEND**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**23 SHOULDER SHRUG**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**24 TRICEPS EXTENSION**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**25 ISOLATION CURL**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**26 FRONT KICK**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**27 REEL KICK**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**28 DIP ADDUCTOR**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



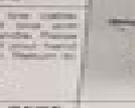
Muscles affected: **S, L, B, H**

**29 BICEP EXTENSION**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, H**

**31 LATERAL RAISE**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **L, D, C**

**32 BENT LATERAL RAISE**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **L, D, C**

**33 FRONT RAISE**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **L, D, C**

**34 UPRIGHT ROW**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, D, C, H, W**

**35 BENT ROW**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, D, C, H, W**

**36 SEATED ROW**  
 Sit on the bench and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



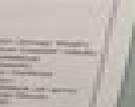
Muscles affected: **S, L, B, D, C, H, W**

**37 BENT OVER ROW**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, D, C, H, W**

**38 BENT OVER ROW**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



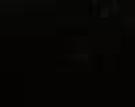
Muscles affected: **S, L, B, D, C, H, W**

**39 BENT OVER ROW**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.

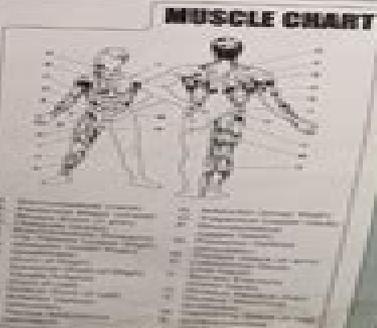


Muscles affected: **S, L, B, D, C, H, W**

**40 BENT OVER ROW**  
 Stand on the platform and hold the handles with an overhand grip. Push up and down. Do not allow the weight to touch the starting position.



Muscles affected: **S, L, B, D, C, H, W**



**IMPORTANT:** Always use proper form and technique when performing these exercises. Consult a qualified fitness professional for guidance.

# Max By Weider Ultra Manual

**J Elliott**



## **Max By Weider Ultra Manual:**

## Enjoying the Melody of Appearance: An Mental Symphony within **Max By Weider Ultra Manual**

In a world eaten by screens and the ceaseless chatter of quick conversation, the melodic splendor and emotional symphony produced by the written term frequently fade in to the background, eclipsed by the constant sound and disturbances that permeate our lives. But, located within the pages of **Max By Weider Ultra Manual** a charming fictional value brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this captivating masterpiece conducts readers on a psychological trip, skillfully unraveling the concealed melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of the moving review, we can investigate the book is central harmonies, analyze their enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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