

# WEIDER

# WEIGHT SYSTEM EXERCISE GUIDE

## 1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your arms until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: B, L, R



## 2 MILITARY PRESS

Adjust the system as required 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, R



## 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 toes, as far as possible. Return to the starting position.

Muscles affected: K, R



## 5 SQUAT

Hold the handles with an overhand 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

Mount the VCR arms with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Repeat raising your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W



## 7 VERTICAL KNEE RAISE

Mount the VCR 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 legs straight and your feet flat on the floor. 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, P, 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 over the bar. Return to the starting position.

Muscles affected: C, E, G, P, R, S



## 10 PREACHER CURL

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

Muscles affected: C, B



## 11 LEG PRESS

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

Muscles affected: H, V, W, X



## 12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Place 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 knee 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 pull the bar straight down. Return to the starting position.

Muscles affected: E, R



## 16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Hold the lat bar with an overhand grip. Your hands should be shoulder-width apart. With your arms slightly bent, push the bar forward your legs. Return to the starting position.

Muscles affected: E, P, R, S



## 17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms up, and hold the ends of 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, P, 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 arms straight. 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 underhand grip and extend your arms. Keep your back straight and bend back at your waist. Return to the starting position.

Muscles affected: T



## 21 DEAD LIFT

Attach the lat bar to the low cable. Stand your knees and hold the lat bar with an overhand grip. Extend your legs, keeping your arms and back straight, and your head 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 and bend forward, and hold the handles over your head. Bend to the side as shown. Return to the starting position.

Muscles affected: O, E, M



## 23 SHOULDER SHROG

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

Muscles affected: E, O, P



## 24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arms upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, R



## 25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm straight and hold the handle with an overhand grip. Keep your elbows at your sides and curl the handle toward your chest. Return to the starting position.

Muscles affected: C, B



## 26 FRONT KICK

Attach the ankle strap to the low cable. Stand sideways 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: F, O, P, S



## 27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap. With your knee slightly bent, move 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 leg straight and move it to the side. Return to the starting position.

Muscles affected: L, R



## 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. Return to the starting position.

Muscles affected: G, W



## 30 STRAINGING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the bar with an underhand grip. Keep your elbows at your sides and curl the bar toward your chest. Return to the starting position. To vary this exercise, hold the lat bar with an overhand grip.

Muscles affected: C, B



## 31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm forward and upward, and hold 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, 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: G, Q



## 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



## 34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Pull the curl bar 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. Bend 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, G, 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 toward your chest and lean back. Return to the starting position.

Muscles affected: C, E, G, 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. Rhomboides                   |
| D. Oblique (waist)                 | Q. Supra Spinal (lower back)    |
| E. Brachioradialis (forearm)       | R. Erector Spinal (lower back)  |
| F. Hip Flexors (upper thigh)       | S. Quadriceps (thighs)          |
| G. Adductor (inner thigh)          | T. Gluteus (back of arm)        |
| H. Quadriceps                      | U. Latissimus Dorsi             |
| I. Soleus (back of thigh)          | V. Erector Spinal (lower back)  |
| J. Soleus Anterior (front of calf) | W. Gluteus Medius (hip)         |
| K. Soleus (back of calf)           | X. Gluteus Maximus              |
| L. Quadriceps (thigh)              | Y. Hamstring (back of leg)      |
| M. Rectus Abdominus (abdomen)      | Z. Gastrocnemius (back of calf) |

# Exercise Guide For Weider Crossbow

**Krzysztof Trelski**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## **Exercise Guide For Weider Crossbow:**

*Consumers Index to Product Evaluations and Information Sources*, 2004      Cross-Training For Dummies Tony Ryan, Martica Heaner, 2011-06-15 Anyone can get into a fitness rut You could be exercising regularly but feeling unmotivated about your current routine Or you could be enjoying your workouts but not getting the results you really want You can even be on health club hiatus and looking for a way to get back into exercise mode Whatever your situation cross training is a practical solution Cross training is a well rounded way of approaching exercise It allows you to vary your workouts so you can inject a little excitement into your fitness routine while you receive better results out of your exercise plan If you have a real thirst for fitness knowledge then Cross Training For Dummies is for you Whether you just want to use cross training as a way to spice up a dull workout routine or you re looking to develop specific skills that will enhance your performance in a specific activity or sport this book can get you on track Cross Training For Dummies will keep you motivated interested strong and injury free as you strive to improve your level of fitness From savvy tips that ll turbo charge your workouts to great advice on weight lifting fitness activities and team sports this book has just what you need to advance to a higher level of fitness Cross Training For Dummies also covers topics that will help you to Assess your fitness level Set personalized exercise goals Have fun with individual and team sports Incorporate kickboxing Pilates spinning and other cutting edge workouts into your routine Understand the five elements of fitness Challenging your body to new fitness levels is hard work but the results are well worth it Cross Training For Dummies will help you understand how cross training works and show you how to put together a well balanced training program that will keep you happy and healthy      The Ultimate Exercise Guide Nicolas Andreou, 2024-11-17 The Ultimate Exercise Guide Arms Edition 167 How to Instructions for Home and Gym Are you ready to build and strengthen your Arms including 88 Biceps 61 Triceps and 18 Forearm exercises with a comprehensive easy to follow guide Look no further than The Ultimate Exercise Guide Arms Edition your essential resource for mastering 167 targeted arms exercises designed for home workouts and gym sessions Whether you re a beginner intermediate or advanced fitness enthusiast this book will help you sculpt powerful arms with expert guidance and visual support What Makes This Guide Stand Out 167 Arms Exercises A wide range of exercises that target your Biceps Triceps and Forearms from every angle ensuring complete muscle activation for optimal results Includes Bodyweight Free Weights Dumbbells Barbell and more Machines Suspension Trainer Resistance Band exercises and more 167 Step by Step Instructions Detailed how to instructions for every exercise eliminating guesswork and ensuring you perform each move correctly 167 High Quality Color 3D Illustrations Visualize your exercises with state of the art 3D illustrations clearly demonstrating form and muscle engagement QR Codes for Video Demonstrations Get access to exercise animation videos by scanning QR codes included with each exercise offering you real time demonstrations and extra visual support For Home or Gym Whether you re working out at home with minimal equipment or hitting the gym this guide covers bodyweight free

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from beginner to advanced will help you utilize its full potential for building core strength and more as they work the muscles in the midsection chest back shoulders arms and legs **A Beginner's Exercise Guide for CVR Fitness** J. Boyce Davis,E. Leslie Knight,Arkansas Regional Medical Program,1975

**Bowflex Advanced Method of Strength Training** Krzysztof Trelski,2021-03-24 This book gives you the whole body strength training method based on the newest findings in bodybuilding and nutrition It is also based on the philosophy that the workout should be short but provide maximum benefits

**The Core Workout** Joanne Elphinston,Paul Pook,1999 **Basic Exercise Instructions** Jon-Mark Bengtson,2024-06-29 Discover the life changing results of implementing exercise programs into your healthy lifestyle with this comprehensive guide Whether you re a beginner or an experienced fitness enthusiast this book will equip you with the knowledge to succeed Boost your cardiovascular health and increase your endurance Build strong and toned muscles to improve your overall strength and fitness Enhance your flexibility and mobility for better movement and injury prevention Excel in your chosen sport with specialized training techniques Recover from injuries and prevent future ones with targeted rehabilitation exercises This book covers all the most common types of exercise programs and educates you on the benefits of each Don t miss out on the opportunity to improve your physical and mental well being Cardiovascular Training Improve your heart health and endurance Strength Training Build strong muscles and improve your overall fitness Flexibility and Mobility Training Enhance your range of motion and prevent injuries Sports Specific Training Excel in your chosen sport with specialized exercises Rehabilitation and Injury Prevention Recover from injuries and prevent future ones Don t wait any longer to start your journey towards a healthier and fitter you Get your copy of this exercise guide now before the price changes Are you wanting to learn more about exercise programs and how to implement them into a healthy lifestyle Whether you are a veteran or just starting out this book goes over most common exercise programs and what you should know to become successful You will learn about Cardiovascular Training Strength Training Flexibility and Mobility Training Sports Specific Training Rehabilitation and Injury Prevention Each type of program serves a different purpose whether it s improving cardiovascular health building muscle increasing flexibility enhancing sports performance or recovering from an injury I guarantee you will learn something from this book and will be able to stay in the game of life enhancing exercise now and in the future to come If you want to benefit from this exercise guide I encourage you to scroll up and buy it right now

**Arm Circle Exercise for Beginners** Irene Hushpupi,2025-07-05 Ready to Loosen Stiff Shoulders Improve Posture and Tone Your Arms Without Equipment or a Gym This beginner friendly guide to arm circle exercises is the simple no fuss way to get started right at home Whether you re a total beginner a senior looking for a safe way to stay active or someone stuck behind a desk for hours each day Arm Circle Exercise for Beginners is your go to guide to better shoulder mobility posture and upper body strength With clear explanations step by step instructions and smart tips to help you avoid common mistakes this book shows how just a few minutes of movement can lead to real results Inside you ll learn What arm circles are and how

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Are you ready to transform your body and elevate your fitness with the simplicity and effectiveness of dumbbells Welcome to The Ultimate Guide To Dumbbell Workouts for Seniors And Beginners a comprehensive resource designed specifically for seniors and fitness newcomers Whether you re embarking on your first exercise journey or seeking safe and effective ways to enhance your routine this guide has you covered This book empowers you to harness the full potential of dumbbell training with clear step by step instructions for a wide range of exercises From building muscle and improving strength to enhancing flexibility and endurance dumbbells are a versatile and accessible tool you can use anywhere at home in the gym or on the go The guide begins with the essentials introducing you to dumbbells their benefits and critical safety tips to ensure a confident and injury free start You ll then learn how to design a personalized workout program set SMART goals Specific Measurable Achievable Relevant Time bound and track your progress to stay motivated and on course At the core of this guide are carefully crafted workout plans tailored to different fitness levels From complete beginners to seniors looking to stay active and healthy each program builds progressively to ensure steady improvement Whether your focus is on strength mobility or overall fitness you ll find routines that suit your needs Additionally the book includes a detailed exercise library with precise instructions and tips for maintaining proper form These ensure that you perform every movement safely and effectively minimizing the risk of injury and maximizing your results Take the first step toward a healthier stronger you Start your fitness journey today with The Complete Dumbbell Workout Guide for Seniors and Beginners and unlock the full potential of your workouts     **The Ultimate Guide To Isometric Exercises** Michael Kessler,2024-06-24

Isometric exercises are movements where your muscles contract without changing their length meaning there s no visible movement or joint angle change Instead you exert force against an immovable object or resist an opposing force The science behind isometric training lies in the muscle contraction itself When you engage in isometric exercises the muscle contracts generating tension without causing the muscle to visibly lengthen or shorten This static contraction recruits muscle fibers enhancing strength and endurance Benefits of isometric workouts are varied They re excellent for building strength in specific joint angles and can help improve stability and endurance They re low impact reducing joint stress and can be done almost anywhere without the need for equipment Isometric exercises offer numerous benefits including improved strength endurance joint stability and

they can be performed almost anywhere without equipment To incorporate isometric training into your routine long term mix various isometric exercises gradually increase intensity and ensure rest days for muscle recovery Consider a balanced workout routine that includes dynamic and isometric exercises for overall fitness *Spalding Guide to Fitness for the Weekend Athlete* Gary Rosenthal,1976 **Complete Guide to TRX Suspension Training** Jay Dawes,2017 Complete Guide to TRX Suspension Training is the ultimate training guide Designed to develop strength power core stability flexibility and balance this guide explains and presents more than 115 of the most effective Suspension Training exercises With over 30 ready to use programs variations and training advice this is a must have for anyone seeking to maximize their workout and their results **A Guide to the Crossbow** W. F. Paterson,Arthur G. Credland,1990 History and restoration of crossbows

*Cross Training* R. G. McNickle,1994 Whether you golf play tennis jog or swim cross training provides a total body workout offering a more complete exercise plan than playing any one sport If you are looking for better results in strength training or aerobic exercise Cross Training shows you how to choose sports that best complement each other You ll quickly see that adding one new activity to your workout will not only tone your body but improve your primary game Back cover

*Indoor Rowing Workout for Beginners* Peggy Twomey,2025-09-10 Discover the power of indoor rowing the ultimate full body workout you can do at home If you re new to rowing or looking for a beginner friendly fitness plan Indoor Rowing Workout for Beginners is your complete guide to building strength burning fat and boosting endurance with one of the most effective low impact exercises available Indoor rowing isn t just about pulling a handle it s about mastering form creating routines that keep you motivated and achieving lasting fitness results This book breaks everything down into clear easy to follow steps so anyone no matter your age or fitness level can start rowing with confidence Inside you ll discover Rowing Basics Explained Simply Learn how to set up your rower adjust resistance and find proper rowing posture to avoid injury Step by Step Beginner Workouts Progressive routines designed to build stamina burn calories and improve total body strength Technique Tips and Common Mistakes Perfect your form with expert guidance and avoid the errors most beginners make Motivation and Tracking Progress Learn how to measure your improvement set realistic goals and stay consistent Rowing for Weight Loss Strength and Cardio Tailor your workouts to your personal health and fitness goals Stretching and Recovery Protect your joints and muscles with simple warm up and cool down routines Whether you want to lose weight improve cardiovascular health or simply find a low impact exercise that delivers maximum results in minimal time this beginner s guide will help you turn rowing into a sustainable habit Take the guesswork out of your workouts With clear instructions and beginner friendly routines Indoor Rowing Workout for Beginners will help you row smarter train effectively and enjoy every session **Bigger Arms Now!** Zac Aynsley,Elissa Corrigan,2015 **The Official Exercise Guide for Artists** Tristan Lajarrige,2020

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