

# WEIDER

# WEIGHT SYSTEM EXERCISE GUIDE

## 1. PRESS

Place the feet and feet the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R

## 2. MILITARY PRESS

Adjust the handles as desired to the arms with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: L, B, R

## 3. BUTTERFLY

Place your arms and feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L

## 4. CALT RAISE

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L

## 5. SQUAT

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 6. ALTERNATE LEG RAISE

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R

## 7. VERTICAL KNEE RAISE

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L

## 8. ASSISTED DIP

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 9. TRICEPS

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 10. BICEPS CURL

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L

## 11. LEG PRESS

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 12. LEG EXTENSION

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B

## 13. LEG CURL

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B

## 14. AB CRUNCH

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B

## 15. TRICEPS PRESS DOWN

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L

## 16. STIFF ARM PUSHDOWN

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 17. LAT PULL DOWN

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 18. TRICEPS EXTENSION

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L

## 19. OVERSHOULDER FLX

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 20. BACK EXTENSION

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B

## 21. DEAD LIFT

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 22. SIDE BEND

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R

## 23. SHOULDER SHRUG

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R

## 24. ANKLE EXTENSION

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B

## 25. ISOLATION CURL

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L

## 26. FRONT KICK

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 27. HEEL KICK

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 28. HIP ADDUCTOR

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B

## 29. HIP ABDUCTOR

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B

## 30. CROSSED LEG

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B

## 31. LATERAL RAISE

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R

## 32. BENT LATERAL RAISE

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R

## 33. FRONT RAISE

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R

## 34. UPRIGHT ROW

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 35. BENT ROW

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## 36. SEATED ROW

Place your feet on the handles with an upward pull. Press your elbows as upward until your hands are in the starting position.

Muscles affected: B, L, R, H

## MUSCLE CHART



- 1. PRESS
- 2. MILITARY PRESS
- 3. BUTTERFLY
- 4. CALT RAISE
- 5. SQUAT
- 6. ALTERNATE LEG RAISE
- 7. VERTICAL KNEE RAISE
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- 27. HEEL KICK
- 28. HIP ADDUCTOR
- 29. HIP ABDUCTOR
- 30. CROSSED LEG
- 31. LATERAL RAISE
- 32. BENT LATERAL RAISE
- 33. FRONT RAISE
- 34. UPRIGHT ROW
- 35. BENT ROW
- 36. SEATED ROW

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# Max Ultra By Weider Manual

**G Psacharopoulos**



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