

⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of your weight bench.

IMPORTANT: This poster shows a selection of exercises that can be performed using WEIDER weight benches. Although several different weight benches are shown, the exercises are performed in basically the same way on all weight benches.

NOTE: YOUR PARTICULAR WEIGHT BENCH MAY NOT HAVE ALL OF THE FEATURES SHOWN ON THIS POSTER. YOU MAY NOT BE ABLE TO PERFORM ALL OF THE EXERCISES SHOWN. Refer to the operation instructions in your user's manual for exercise information. For muscle locations refer to the muscle chart in the user's manual.

1 BENCH PRESS

Set the bench to either a level, incline or decline position. Lie on the bench. Lift the barbell and extend your arms fully. Lower the barbell to your chest. Return your arms to the fully extended position.

Muscles affected: pectoralis major and minor, anterior deltoids, triceps



2 MILITARY PRESS

Sit on the bench and hold the barbell behind your head, as shown. Slowly straighten your arms until the barbell is above your head. Return to the starting position.

Muscles affected: deltoids, pectorals, triceps



3 LEG EXTENSION

Sit on the bench, with your feet under the lower pads of the leg lever. Lift your legs, as shown. Return to the starting position.

Muscles affected: quadriceps



4 LEG CURL

Lie prone on the bench, with your ankles under the upper pads of the leg lever. Lift your legs, as shown. Return to the starting position.

Muscles affected: hamstring, gastrocnemius



5 SQUAT

Stand and rest the barbell on your shoulders. Keep your back straight. Slowly bend your legs as shown. Return to the starting position.

Muscles affected: quadriceps



6 PREACHER CURL

Sit on the bench and rest your upper arm on the curl pad. Hold the dumbbell with an underhand grip and extend your arm. Slowly curl the dumbbell toward your chest. Return to the starting position.

Muscles affected: biceps, brachioradials



7 AB CRUNCH

Sit on the bench and hold the lat bar with a close grip behind your head as shown. Keep your back straight and slowly bend forward at the waist. Return to the starting position.

Muscles affected: rectus abdominus, upper abdominals



8 LAT PULL-DOWN

Sit on the bench and hold the ends of the lat bar with a wide, overhand grip. Pull the lat bar down behind your head until your hands are level with your neck. Return to the starting position. (Note: You can also use a close grip or an underhand grip.)

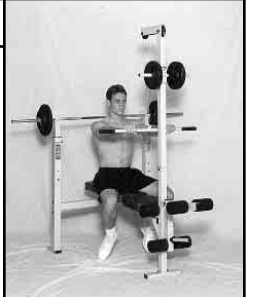
Muscles affected: latissimus dorsi, trapezius



9 TRICEPS PRESS-DOWN

Sit on the bench, facing the lat tower. Hold the lat bar with an overhand grip. Your arms should be in an "L" position, with the lat bar over your head and your upper arms parallel to the floor. Press the lat bar down until your arms are fully extended. Return to the starting position.

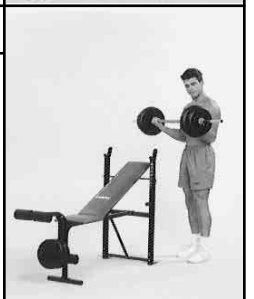
Muscles affected: triceps, brachioradials



10 STANDING CURL

Place the desired amount of weight on the barbell. With your arms extended downward, hold the barbell with an underhand grip. Keep your elbows at your side and slowly curl the barbell to your chest. Return to the starting position. As a variation, use an overhand grip.

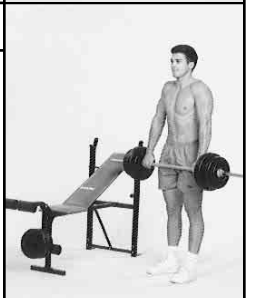
Muscles affected: biceps, brachioradials



11 SHOULDER SHRUG

Place the desired amount of weight on the barbell. Hold the barbell with an overhand grip, with your arms extended downward, as shown. Keep your arms at your sides and shrug your shoulders as high as possible. Return to the starting position.

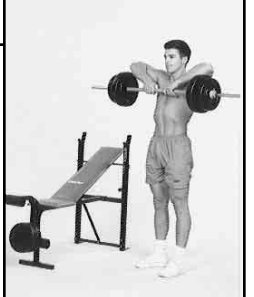
Muscles affected: trapezius, rhomboids



12 UPRIGHT ROW

Place the desired amount of weight on the barbell. Hold the barbell with a close overhand grip, with your arms extended downward. Lift the barbell to your chest, as shown. Return to the starting position.

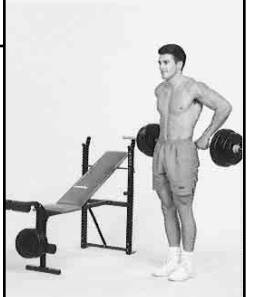
Muscles affected: biceps, deltoids, trapezius



13 REVERSE UPRIGHT ROW

Place the desired amount of weight on the barbell. Hold the barbell behind your back with a close overhand grip, with your arms fully extended. Lift the barbell as far as possible. Return to the starting position.

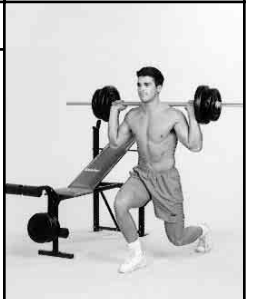
Muscles affected: biceps, deltoids, trapezius



14 LUNGE

Place the desired amount of weight on the barbell. Stand and rest the barbell on your shoulders as shown. Keep your back straight. Step forward with one leg, bending your knees as shown. Return to the starting position. Alternate legs with each repetition.

Muscles affected: quadriceps, hamstring, gastrocnemius



15 DEAD LIFT

Place the desired amount of weight on the barbell. Bend your knees until you can grasp the barbell with an overhand grip. Keep your back straight. Stand up, using your legs to lift the weight. Return to the starting position.

Muscles affected: quadriceps



16 TOE RAISE

Place the desired amount of weight on the barbell. Stand, keeping your back straight. Rest the barbell on your shoulders as shown. Rise up on your toes as shown. Return to the starting position.

Muscles affected: gastrocnemius

