

⚠ WARNING: Read the exercise information and safety precautions in the user's manual before exercising.

The exercises shown can be performed with WESLO® weight systems; however, you may not be able to perform all exercises with your model. For best results, correct form is important.

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your elbows as shown. Keep your back straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, R



11 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the floor and hold the lat bar against your chest as shown. Keep your back straight and bend back at the waist. Return to the starting position.

Muscles affected: T



21 BENT LATERAL RAISE

Attach the nylon strap to the low cable. Stand sideways and bend forward, extend one arm downward and hold the nylon strap. Your arm should be bent as shown. Raise the nylon strap to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: O, P



31 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: U



2 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, P



12 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit on the seat, extend your arms up and hold the ends of the lat bar with an overhand grip. Pull the lat bar down behind your head or in front of your face. Return to the starting position.

Muscles affected: O, S



22 FRONT RAISE

Attach the lat bar to the low cable. Stand as shown, extend both arms downward and hold the lat bar with an overhand grip. Raise the lat bar until your hands are level with your shoulders. Return to the starting position.

Muscles affected: P, Q



32 HIP ABDUCTION

Attach the nylon strap to the low cable. Stand sideways and insert your outside leg into the nylon strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: G, U



3 CROSSOVER FLY

Attach the nylon strap to the high cable. Extend your arm and hold the nylon strap. Keep your back straight and pull the strap down and across until it is level with your waist. Return to the starting position.

Muscles affected: B, P, S



13 UNDERHAND LAT PULL-DOWN

Attach the lat bar to the high cable. Sit on the seat, extend your arms up and hold the ends of the lat bar with an underhand grip. Pull the lat bar down in front of your face as shown. Return to the starting position.

Muscles affected: O, S



23 MILITARY PRESS

Sit on the seat and grasp the handles of the squat arm with an overhand grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: B, P, R



33 FRONT KICK

Attach the nylon strap to the low cable. Stand as shown and insert one leg into the nylon strap. Keep your leg straight and move it forward as shown. Return to the starting position.

Muscles affected: F, I



4 STANDING CURL

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

Muscles affected: C, E



14 VKR DIP

Grasp the dip handles, with your arms straight and your feet tucked up as shown. Slowly lower your body, by bending your elbows. Return to the starting position.

Muscles affected: O, Q, R, S



24 STRAIGHT RAISE

Mount the VKR arms with your back to the system and your arms supporting your weight. Slowly raise your legs until they are parallel with the floor. Avoid swinging your legs. Return to the starting position.

Muscles affected: F, M



34 HEEL KICK

Attach the nylon strap to the low cable. Insert one leg into the nylon strap. Keep your leg straight and move it back as shown. Return to the starting position.

Muscles affected: V



5 ISOLATION CURL

Attach the nylon strap to the low cable. Stand as shown, extend your arm down and hold the nylon strap. Keep your elbow at your side and pull the nylon strap up until your hand is level with your chest. Return to the starting position.

Muscles affected: C, E



15 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: O, Q, R, S



25 ALTERNATE KNEE RAISE

Mount the VKR arms with your back to the system and your arms supporting your weight. Slowly raise one knee as high as you can. Keep your toes pointed and avoid swinging your legs. Return to the starting position. Alternate legs with each repetition.

Muscles affected: F, M



35 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever as shown. Raise the leg lever until your legs are straight. Return to the starting position.

Muscles affected: H



6 CONCENTRATION CURL

Attach the nylon strap to the low cable. Stand as shown, with one foot on the foot plate. Hold the strap with an underhand grip, with your elbow resting on your knee, and your arm extended downward. Pull the strap until your arm is level with your chest.

Muscles affected: C, E



16 ASSISTED PULL-UP

Select the desired weight setting. Grasp the pull-up handles and rest your knees on the pads as shown. Lower your body, until your arms are straight. This is the starting position. Slowly pull your body up until your chin is level with your hands. Return to the starting position.

Muscles affected: O, S



26 SIDE BEND

Attach the nylon strap to the low cable. Stand sideways, extend one arm downward and hold the nylon strap. Keep your arm at your side and bend to the side as shown. Return to the starting position.

Muscles affected: M



36 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 leg as shown. Return to the starting position.

Muscles affected: W, X



7 WRIST CURL

Attach the lat bar to the low cable. Extend your arms downward and hold the lat bar with an overhand grip. Keep your arms stationary and curl your hands up as far as possible. Return to the starting position. To vary this exercise, hold the lat bar with an underhand grip.

Muscles affected: E



17 SEATED ROW

Attach the lat bar to the low cable. Sit on the floor, extend your arms forward and hold the ends of the lat bar with an overhand grip. Pull the lat bar toward your stomach and lean back. Return to the starting position.

Muscles affected: C, E, O, P, S



27 AB CRUNCH

Attach the nylon strap to the high cable. Sit on the seat and hold the nylon strap behind your head as shown. Keep your back straight and slowly bend forward at the waist. Return to the starting position.

Muscles affected: D, M



37 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, X



8 TRICEPS PRESS-DOWN

Attach the lat bar to the high cable. Hold the lat bar with an overhand grip. Keep your elbows close to your sides. Press the lat bar down until your arms are straight. Return to the starting position.

Muscles affected: E, R



18 BENT ROW

Attach the lat bar to the low cable. Bend forward, extend your arms and hold the lat bar with an overhand grip. Keep your back straight and pull the lat bar toward your stomach. Return to the starting position.

Muscles affected: C, E, O, P, S



28 SQUAT

Remove the seat from the squat upright. Face the system, hold the handles with an overhand grip, and straighten your legs. This is the starting position. Slowly bend your legs as shown. Return to the starting position.

Muscles affected: H



38 STEPPER

Hold the stepper handle. Begin stepping, alternately pressing the left and right pedals down with a smooth, continuous motion. If a continuous motion is not maintained, both pedals will sink to the floor. Adjust the stepping resistance if necessary.

Muscles affected: F, H



9 TRICEPS EXTENSION

Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows bent. Slowly straighten your arms. Return to the starting position.

Muscles affected: E, R



19 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms downward and hold the lat bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders up as far as possible. Return to the starting position.

Muscles affected: O, Q



29 TOE RAISE

Attach the lat bar to the low cable. Extend your arms downward and hold the lat bar 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: X



10 PREACHER CURL

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

Muscles affected: C, E



20 LATERAL RAISE

Attach the nylon strap to the low cable. Stand sideways and hold the lat bar with an overhand grip. Raise the nylon strap to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: O, P



30 DEAD LIFT

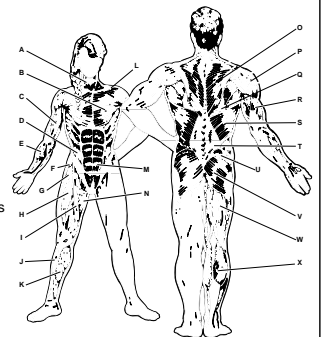
Attach the lat bar to the low cable. Bend your knees and hold the lat bar with an overhand grip. Straighten your legs, keeping your arms and back straight, and your head up. Return to the starting position.

Muscles affected: H



MUSCLE CHART

- A. Sternomastoid
- B. Pectoralis
- C. Biceps
- D. Obliques
- E. Brachioradialis
- F. Hip Flexors
- G. Abductor
- H. Quadriceps
- I. Sartorius
- J. Tibialis Anterior
- K. Soleus
- L. Anterior Deltoid
- M. Rectus Abdominus
- N. Adductor
- O. Trapezius
- P. Deltoid
- Q. Rhomboideus
- R. Triceps
- S. Latissimus Dorsi
- T. Spinae Erectors
- U. Gluteus Medius
- V. Gluteus Maximus
- W. Hamstring
- X. Gastrocnemius



AVISO: Lea la información de ejercicio y precauciones de seguridad en el manual del usuario antes de hacer ejercicios. Los ejercicios que se muestran se pueden desempeñar con la sistema de entrenamiento del WEIDER®; Sin embargo, puede ser posible que no pueda desempeñar todos los ejercicios con su modelo. Para los mejores resultados, la forma correcta es importante. Las fotografías muestran la manera correcta para la posición de comienzo y la posición final para cada ejercicio.

AVERTISSEMENT : Veuillez lire attentivement ce manuel de l'utilisateur avant d'utiliser le banc de poids.

Les exercices indiqués peuvent être exécutés avec le WEIDER® ; cependant vous ne pourrez peut-être pas exécuter tous les exercices avec votre modèle. Pour de meilleurs résultats une forme correcte est importante. Les photographies indiquent la position de départ et d'arrivée correcte pour chaque exercice.

WARNUNG: Bitte lesen Sie die Trainingsanleitungen und Vorsichtsmassnahmen in der Betriebsanleitung, bevor Sie trainieren. Die Übungen, die hier gezeigt werden, können mit WEIDER® Heimfitness-Station durchgeführt werden. Trotzdem kann es vorkommen, dass Sie an Ihrem Modell nicht alle Übungen machen können. Um die besten Ergebnisse zu erzielen, müssen Sie sich an die korrekte Durchführung der Übungen halten. Die Fotos zeigen die korrekte Starter- und Endposition für die einzelnen Übungen.

AVVERTENZA: Leggere le informazioni dell'esercizio e le precauzioni di sicurezza nel manuale di istruzioni prima di allenarsi.

Gli esercizi raffigurati possono essere eseguiti con le WEIDER® ; ciò nonostante, potreste non essere in grado di eseguire tutti gli esercizi con il vostro modello. Per migliori risultati, una forma corretta e' importante. Le fotografie mostrano la posizione di inizio e fine corretta per ciascun esercizio.