

# WEIGHT SYSTEM

**Weider 8700**



## Weider Weight System

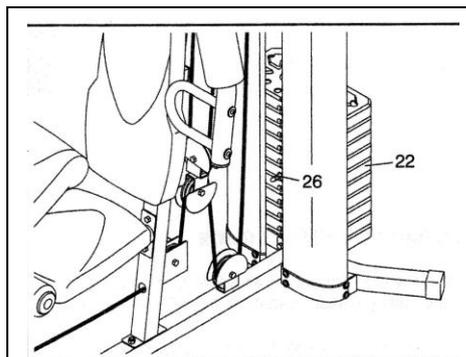
### IMPORTANT

1. Inspect and properly tighten all parts before using
2. The weight system should not be used by persons weighing more than 300lbs / 136kg
3. Wear appropriate exercise clothes while exercising. Do not wear loose clothes that could become caught in the system. Always wear shoes for foot protection.
4. Keep hands and feet away from moving parts
5. Make sure the cables remain on the pulleys at all times. If the cables bind while you are exercising stop immediately and make sure the cables are on the pulleys.
6. Always stand on the foot plate when performing an exercise which could cause the weight system to tip.
7. Never release the arms, leg lever, lat bar or handle strap whilst the weights are raised. The weights will fall with great force.
8. Always disconnect the lat bar from the system when performing an exercise which does not require the lat bar.

This section explains how to adjust the weight system.

### CHANGING THE WEIGHT

To change the setting of the weight stack, insert the weight pin (26) under the desired weight (22). Insert the weight pin so that the bent end touches the weight stack. Turn the bent end downward.



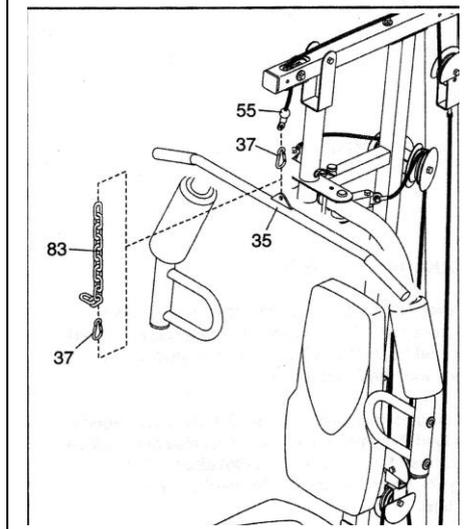
### ATTACHING THE ACCESSORIES

Attach the Lat Bar (35) to the High Cable (55) at the high pulley station with a Cable Clip (37).

For some exercises, attach the Chain (83) between the Lat Bar (35) and the High Cable (55) with the two cable clips (37).

Adjust the length of the chain between the lat bar and the high cable so that the lat bar is in the correct starting position for the exercise to be performed.

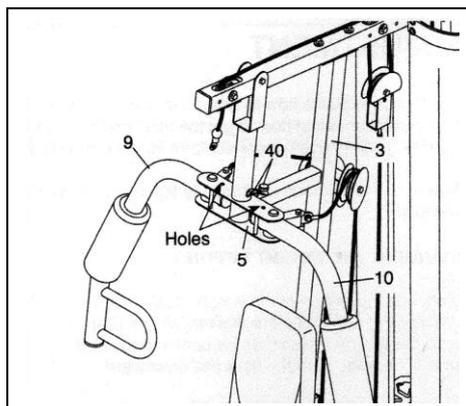
The Lat Bar (35) can be attached to either pulley station in the same way.



### CONVERTING THE ARMS

To use the arms (9&10) as butterfly arms, insert the Arm Pins (40) into the holes in the Upright (3) as shown.

To use the arms (9&10) as press arms, insert the Arm Pins (40) into the holes in the pivot frame (5) and the arms.



## EXERCISE GUIDELINES

### Four Types of Strength Workouts

Note: a repetition is one complete cycle of exercise, such as one sit-up. A set is a series of repetitions.

**Muscle Building** – Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an exercise as follows;

- Change the amount of resistance used
- Change the number of repetitions or sets performed

Use your own judgement to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

**Toning** – Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than using high amounts of resistance.

**Weight Loss** – To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between each set.

**Cross Training** – combine strength training and aerobic exercise by following this type of program

- Strength training workouts Monday, Wednesday and Friday
- 20 to 30 minutes aerobic exercise on Tuesday and Thursday.
- Once full day rest each week to give your body time to regenerate.

## WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form of each exercise. Use your own judgement to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body's signals. Follow each workout with at least one day of rest.

**Warming Up** – start with 5 to 10 minutes of light exercise and stretching. A warm up increases your body temperature, heart rate and circulation in preparation for exercise.

**Working Out** – include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas you want to develop. To give balance and variety to your workouts vary the exercises from workout to workout.

**Cooling Down** – Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps prevent post exercise problems.

## STAY MOTIVATED

For motivation keep a record of each workout. Write the date, exercises performed, resistance used and the numbers for repetitions and sets completed. Record your weight and key body measurements. To achieve good results make exercise a regular and enjoyable part of your life.

### 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**



### 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. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

**Muscles affected: E, R**



### LEG EXTENSION

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

**Muscles affected: H**



### 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**



### 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**



### PREACHER CURL

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

**Muscles affected: C, E**



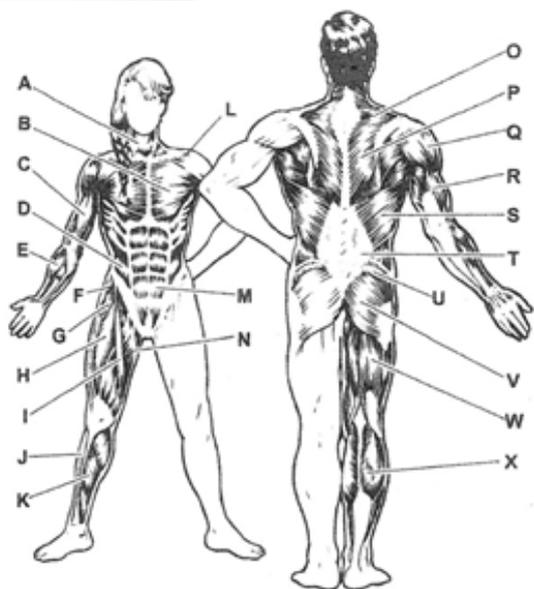
### BUTTERFLY

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**



## MUSCLE CHART



- |                                      |                                 |
|--------------------------------------|---------------------------------|
| A. Sternomastoid (neck)              | N. Adductor (inner thigh)       |
| B. Pectoralis Major (chest)          | O. Trapezius (upper back)       |
| C. Biceps (front of arm)             | P. Rhomboideus (upper back)     |
| D. Obliques (waist)                  | Q. Posterior Deltoid (shoulder) |
| E. Brachioradialis (forearm)         | R. Triceps (back of arm)        |
| F. Hip Flexors (upper thigh)         | S. Latissimus Dorsi (mid back)  |
| G. Abductor (outer thigh)            | T. Spinae Erectors (lower back) |
| H. Quadriceps (front of thigh)       | U. Gluteus Medius (hip)         |
| I. Sartorius (front of thigh)        | V. Gluteus Maximus (buttocks)   |
| J. Tibialis Anterior (front of calf) | W. Hamstring (back of leg)      |
| K. Soleus (front of calf)            | X. Gastrocnemius (back of calf) |
| L. Anterior Deltoid (shoulder)       |                                 |
| M. Rectus Abdominus (stomach)        |                                 |