

Weider 8530 Exercise Chart Manual

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Weider 8530 Exercise Chart Manual

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Just in case you aren't tuned in, the Weider Ultimate Body Works home gym is a classic, yet slick exercise machine built for the whole body. It utilizes a sliding incline bench and a pulley system with tension bands below for customizable levels of resistance for many different sorts of exercises.

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The Weider 8530 is a home gym system that has two weight stacks and a pulley system to deliver resistance up to 270 pounds. There are several

stations to work all the major muscle groups. The front weight stack is connected to the press arms, the butterfly arms and the upper and lower pulleys.

How to Use a Weider 8530 Weight Machine | Livestrong.com

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