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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.

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The serial number WEIDER ® 8530 will help you to achieve the specific can be found on a decal attached to the home gym results you want. system (see the front cover of this manual). Page 5: Assembly ASSEMBLY Before beginning assembly, carefully read the • As you assemble the home gym system, be sure following information and instructions: that all parts are oriented as shown in the draw- ings.

Weider 8630 TRAINING SYSTEM WESY8630C Owner's Manual ...

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The WEIDER® 8530 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® 8530 will help you to achieve the specific results you want. For your benefit, read this manual ...

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The Weider 8510 is a small home-gym system that has a weight stack and pulley system to deliver resistance up to 209 pounds. ... There is a weight-resistance chart on page 15 of the user's manual to help you make your selection. ... you should perform each exercise eight to 12 times and build up to three sets a couple of times a week.

Weider Home Gym Exercise Chart Pdf | Amtworkout.co

Summary of Contents of owner's manual for Weider 8630 TRAINING SYSTEM WESY8630C. ... Refer to the exercise guide ... 86 Attach the Ab Strap (35) to the Low Cable (86)... Page 24WEIGHT RESISTANCE CHART This chart shows the approximate weight resistance at each weight station. "Top" refers to the 6.5 lb ...

Weider 8530 Exercise Chart Manuals

Weider home gym exercise chart is highly useful since the gym equipment is very versatile. You can do various exercises on it. However, doing the exercise without proper guide will bring you more harm than good.

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