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~~3 Tricep Excercise you need to be doing/INFO and TIPS/Station Excercise Machine~~DIY EXCHANGE ~ PT 4 ~ WEIDER 8530 ~ RIGGING CABLES Quick Full Body Home Gym Workout Palestra ~~WEIDER~~ DIY EXCHANGE ~ PT 3 ~ WEIDER 8530 ~ ASSEMBLY Weider 8530 ~ Making Weight Guides Weider Pro 9635 complete home gym for sale **Top 3 BEST Home Gyms \u0026 Workout Machines Of 2018** ~~How to use Home Gym 102~~ How to BUILD a \$500 HOME GYM on AMAZON The 10 Biggest Home Gym Mistakes I See... how to make replacement cables for exercise machine Exercises on a Multigym 2 ANIMACION Y ENSAMBLE GIMNASIO MULTIFUNCIONAL EN INVENTOR 2013 5 Best Home Gyms in 2019 Multi Gym Advice, Watch before you buy! Marcy home gym THE FULL MULTI gym workout, Tuesday + progress Sheet How to Assemble WEIDER 2980 X Weight System 20 - 30 Minute Upper Body Workout with Total Gym / Weider Ultimate Body Works? Home Gym Equipment (Beginners) \u0026 Gym: Best Home Gym 2019 (Buying Guide) Ep. #156 Weider Pro 6900 Home Gym Unbox, Setup, \u0026 Review Weider XRS 20 Weight Bench Assembly Video Weider Ultimate Body Works Review 2019 Weider 8530 Exercise Chart Manual

Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4). Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Hand-tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. Page 7 5. Press a Weight Tube Bumper (64) into the end of a Weight Tube (63).

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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.

Weider Ultimate Body Works Exercises - Full Chart & PDF ...

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Weider Home Gym Exercise Chart for Home Gym Enthusiasts. It is not uncommon to see people doing gym at home. The reason might be economical since they do not need to pay for membership fee and personal trainer. But it might be due to time constraint since they lead busy lives. If you are a home gym enthusiast, you need to have Weider home gym ...

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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

Safety is guaranteed by the application of excellent standards, as well as covered pulleys and a weight safety lock. For complete training of the upper body, the 8530 system offers: Bench Press Butterfly (pectorals) High Pulley Military Press (arms and back) Lower body training can instead be done with the Leg Lever Low Pulley Squat Station (legs) In addition to all this, the parallel VKR support completes the job with a workout specifically for the abdominal muscles. Max. load: Bench Press 112kg; Leg ...

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