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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

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connected to the press arms, the butterfly arms and the upper and lower pulleys.

How to Use a Weider 8530 Weight Machine |
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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

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