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shoulders. To do a kneeling row, kneel on the glide... Prone Chest Press. The prone chest press works the chest, triceps and shoulders. Lie face up on the glide board with... ..

Workout Guide for the Weider Total Body Works 5000 | SportsRec

The Weider 8510 is a small home-gym system that has a weight stack and pulley

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system to deliver resistance up to 209 pounds. The machine can work all the major muscle groups and has press arms, butterfly arms, a leg lever and high and low pulley stations. You can attach the lat bar or a nylon strap to either of the pulleys.

Weider 8510
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Weider Home Gym

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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 exercise

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Chart - Sears

Best Weider Home Gym Exercises 1. Kneeling Row. The kneeling row is an excellent Weider 5000 home gym exercise which works the shoulders, back and the... 2. Prone Chest Press. The prone chest press is another incredible Weider 5000 home gym exercise which works the... 3. Resisted Abdominal Crunch...

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The Weider Body
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Works machine features an inclined platform with wheels that can adjust to your desired position to suit your workout goals, body size, and existing strength. A steeper incline yields greater resistance and targets your upper pecs and shoulder muscles.

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