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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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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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