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(1) up through the

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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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(1) up through the

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uncommon to see

people doing gym at

home. The reason

might be economical

since they do not

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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

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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
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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

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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;
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