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tion and safety precautions in the
user ' s manual before exercising. The
exercises shown can be performed
with WEIDER® weight systems;

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however, you may not be able to perform all exercises with your model. For best results, correct form is important. The photographs show the correct starting and ending positions for each exercise.

WEIGHT SYSTEM EXERCISE GUIDE -

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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 chart as a guideline.

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Although you can work out both your legs and upper body on the Weider 2980X, the number of exercises is

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happy during my workout, it is a

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