

## Weider Exercise Guide

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Weider 8510 Exercise Guide. Grady Coppell/Photographer's Choice/Getty Images. Jo Jackson . Published: 08 July, 2011 . The Weider 8510 is a small home-gym system that has a weight stack and pulley 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 ...

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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. If you do not an exercise with proper body posture or using the equipment in uninformed manner, you risk your body an unwanted injury.

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