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Insert two 5/16" x 2 1/2"

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Carriage Bolts (1) up through the 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.

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Press a Weight Tube Bumper
(64) into the end of a
Weight Tube (63).

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Insert two 5/16" x 2 1/2"
Carriage Bolts (1) up

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is a classic, yet slick

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Weider Home Gym Exercise
Chart for Home Gym

Enthusiasts. It is not
uncommon to see people doing

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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,

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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

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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

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Weight Machine |

Livestrong.com

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,

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the 8530 system offers: Bench
Press Butterfly
(pectorals) High
Pulley Military Press (arms
and back) Lower body training
can instead be done with the
Leg Lever Low Pulley Squat
Station (legs) In addition to

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all this, the parallel VKR support completes the job with a workout specifically for the abdominal muscles. Max. load: Bench Press 112kg; Leg ...

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