

Weider pro 9735 instructions

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toward your upper chest. You can also perform a pullover to work all your major back muscles and your chest muscles together: Sit down on the bench beneath the lat tower and scoot forward as far as possible. Weider Home Gym WEIDER User's Manual PRO WEIGHT BENCH EXERCISER Weider Pro Manual Instructions. By: Jo Jackson. Published: 08 July, naruedom/Stock/Getty Images. The Weider Pro is a home gym with a variety of weight stations designed to exercise all your major muscle groups. It has a lat bar, ab pulley, butterfly arms, arm press, curl pad, high and low pulley stations and a leg press plate. TABLE OF CONTENTS. FULL 90 DAY WARRANTY. Find spare or replacement parts for your strength machine: Weider Pro - WESY View parts list and exploded diagrams for Entire Unit. Home Gym. We have emailed you a verification link to to complete your registration. Please check your inbox, and if you can't find it, check your spam folder to make sure it didn't end up. 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