

WEIDER

HOME GYM SYSTEMS EXERCISE GUIDE

SAFETY FIRST

Before using any of the exercises in this guide, please read the instructions carefully. The instructions are designed to help you perform the exercises safely and effectively. If you are unsure of any of the instructions, please contact your local distributor or the manufacturer for assistance.

Remember, safety is the most important factor when using any exercise equipment. Always use proper form and technique, and never push yourself beyond your limits.

1. AIR RESISTANCE

Resistance is provided by the air resistance of the moving parts of the machine. The resistance increases as the speed of movement increases.

2. AIR RESISTANCE

Resistance is provided by the air resistance of the moving parts of the machine. The resistance increases as the speed of movement increases.

3. WEIGHT STACK

Resistance is provided by the weight of the stack. The resistance is constant throughout the range of motion.

4. PULL BAR

Resistance is provided by the weight of the stack. The resistance is constant throughout the range of motion.

5. AIR RESISTANCE

Resistance is provided by the air resistance of the moving parts of the machine. The resistance increases as the speed of movement increases.

6. AIR RESISTANCE

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BEST TYPES OF WEIDER

The best type of Weider exercise machine is the one that is most suitable for your needs. There are many different types of Weider exercise machines, each with its own unique features and benefits. When choosing a Weider exercise machine, it is important to consider your own fitness goals, your budget, and the space available in your home gym.

Strength

Strength training is a key component of any fitness program. It helps to build muscle, increase bone density, and improve overall health. There are many different ways to perform strength training exercises, and Weider exercise machines can be used to perform a wide variety of strength training exercises.

Cardio

Cardiovascular exercise is essential for maintaining a healthy heart and lungs. It helps to improve circulation, increase energy levels, and reduce the risk of heart disease. There are many different ways to perform cardiovascular exercise, and Weider exercise machines can be used to perform a wide variety of cardiovascular exercises.

Flexibility

Flexibility training is important for maintaining a healthy range of motion in the joints. It helps to prevent injuries, improve posture, and reduce muscle tension. There are many different ways to perform flexibility training exercises, and Weider exercise machines can be used to perform a wide variety of flexibility training exercises.

ANATOMICAL CHART OF HUMAN BODY



Weider Pro Home Gym Exercise Guide

Didier Musso



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