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Following are the 5 best exercises that you can perform using the weider 5000 Home Gym equipment. 1. Kneeling Row. The Kneeling row is an excellent Weider 5000 home gym exercise which works the shoulders, back and the biceps. For performing this exercise, make sure to kneel on the glide board in a way that you are facing the Weider 5000 upright.

Weider Ultimate Body Works Review - Will It Work?

The Weider fitness company offers two home gyms that allow you to create resistance training, muscular endurance or aerobic workout routines. The X-Factor home gym is a progressive resistance machine that uses pulleys providing up to 210 lbs. of resistance, while the Club 8980 W machine uses

pulleys and weight stacks to provide up to 175 lbs. of resistance.

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