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Full-Body Routines. If you find it difficult to schedule in a lot of time for your workout, use your Weider Crossbow to do full-body routines. Full-body routines tend to take more time than split routines, but you won't have to dedicate as many days per week to full-body routines, and all your muscle groups will get exercised consistently.

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Back Exercises and Pulleys. The Weider 8525 has a lat tower and high pulley for doing lat pulldowns. You can also use the tower and pulley for high rows. The low pulley is ideal for a variety of back exercises including more row variations, Romanian deadlifts, shrugs and upright rows.

## **Weider MAX XP400 User Manual - Page 1 of 24 | Manualsbrain.com**

Crossbow exercises are weight training exercises in which you use an all-in-one machine built by the company Weider. They are very similar to bowflex exercises and in fact were introduced as a response to the bowflex's success. The crossbow will allow you to perform over 65 weight training exercises, all using this single piece of fitness equipment.

## **Weider Ultimate Body Works Exercise Chart Printable - Best ...**

Aug 8, 2015 - This board is individual pictures of the instruction sheet that came with my Weider Crossbow Platinum. Some folds can be seen but its the only way I could get them blown up and shared. See more ideas about Bowflex workout, Workout chart, Workout splits.

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### **Crossbow Exercises | By Weight-Training-Exercises.com**

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.

### **Bing: Weider Max Exercise Guide**

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### **The Pros and Cons of a Weider Home Gym**

Summary of Contents of user manual for Weider MAX XP400 Page 1 Model No. 831.15392.2 Serial No. Write the serial number in the space above for reference. Serial Number Decal (under seat)...

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