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1/2 " 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

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Locknut (3) onto each Carriage Bolt. Page 7 5. Press a Weight Tube Bumper (64) into the end of a Weight Tube (63).

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up through the Base (4).

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tension bands below for  
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Home Gym Enthusiasts.  
It is not uncommon to see people doing 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, you need to

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The Weider 8530 is a  
home gym system that  
has two weight stacks

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and a pulley system to deliver resistance up to 270 pounds. There are 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 Weight Machine |  
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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, the 8530 system offers:

- Bench Press
- Butterfly (pectorals)
- High Pulley Military Press (arms and back)
- Lower

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body training can  
instead be done with the  
Leg LeverLow  
PulleySquat Station  
(legs)In addition to all  
this, the parallel VKR  
support completes the  
job with a workout  
specifically for the  
abdominal  
muscles.Max. load:  
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