



WEIDER PRO

WEIDER PRO is a versatile exercise machine that can be used for a wide variety of exercises. It is designed to provide a full-body workout, including the arms, legs, and back. The machine is easy to use and can be adjusted to suit your needs. It is a great addition to any home gym.

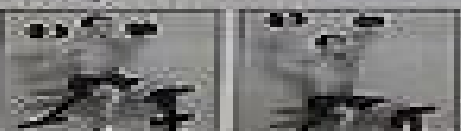
WEIDER PRO is a versatile exercise machine that can be used for a wide variety of exercises. It is designed to provide a full-body workout, including the arms, legs, and back. The machine is easy to use and can be adjusted to suit your needs. It is a great addition to any home gym.



Standing Position
Raise the resistance up to a standing level.



Seated Position
Use your adjustment features to sit on a bench with back support.



Kneeling Position
Raise the resistance up to a kneeling level.



Lying Position
Stand your knees up and raise the resistance to the level.



Leg Position
Use your adjustment features to sit on a bench with back support.



Shoulder Position
Stand your knees up and raise your arms above your head to the shoulder level.



SETTING UP THE WEIDER PRO FOR STANDING POSITION

To set up the machine for standing, first adjust the resistance band to the desired position. Then, adjust the machine to the desired position. The machine is designed to be used in a standing position.

WARNING: Always use proper form when using the machine. Always stand on the feet and keep the feet flat on the floor. Do not use the machine if you are injured or if you are pregnant.



Standing Position
Stand on your feet and raise your arms above your head to the shoulder level.



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Weider Weight Bench Exercise Guide

B Lingard

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