

Weider 8620 Home Gym Exercise Guide

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Weider Home Gym Exercise Chart Pdf | mobile discoveries

The leg press works your glutes, quads and hamstrings. It's an unusual exercise to find on a home gym. Sit down in the same bench as for the chest exercises and place both feet on the leg press platform in front of you. Your knees should be bent at an angle no sharper than 90 degrees. Extend your legs, pressing the platform away from you.

Exercises to Do on a Weider 8630 Gym | SportsRec

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