

# Weider 8620 Exercise Guide

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Weider exercise charts are a series of graphs created for a barbell training regimen. The vintage charts follow a progressive system of weightlifting and exercise and

WEIDER is an Active Nutrition company based in Phoenix, Arizona with over 70 years of expertise. Our Mission is to provide consumers with the best products that

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The Weider 8620 is a small, in-home gym system with six exercise stations: butterfly arms, high pulley, press arms, leg press plate, leg lever and a low pulley station.

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