

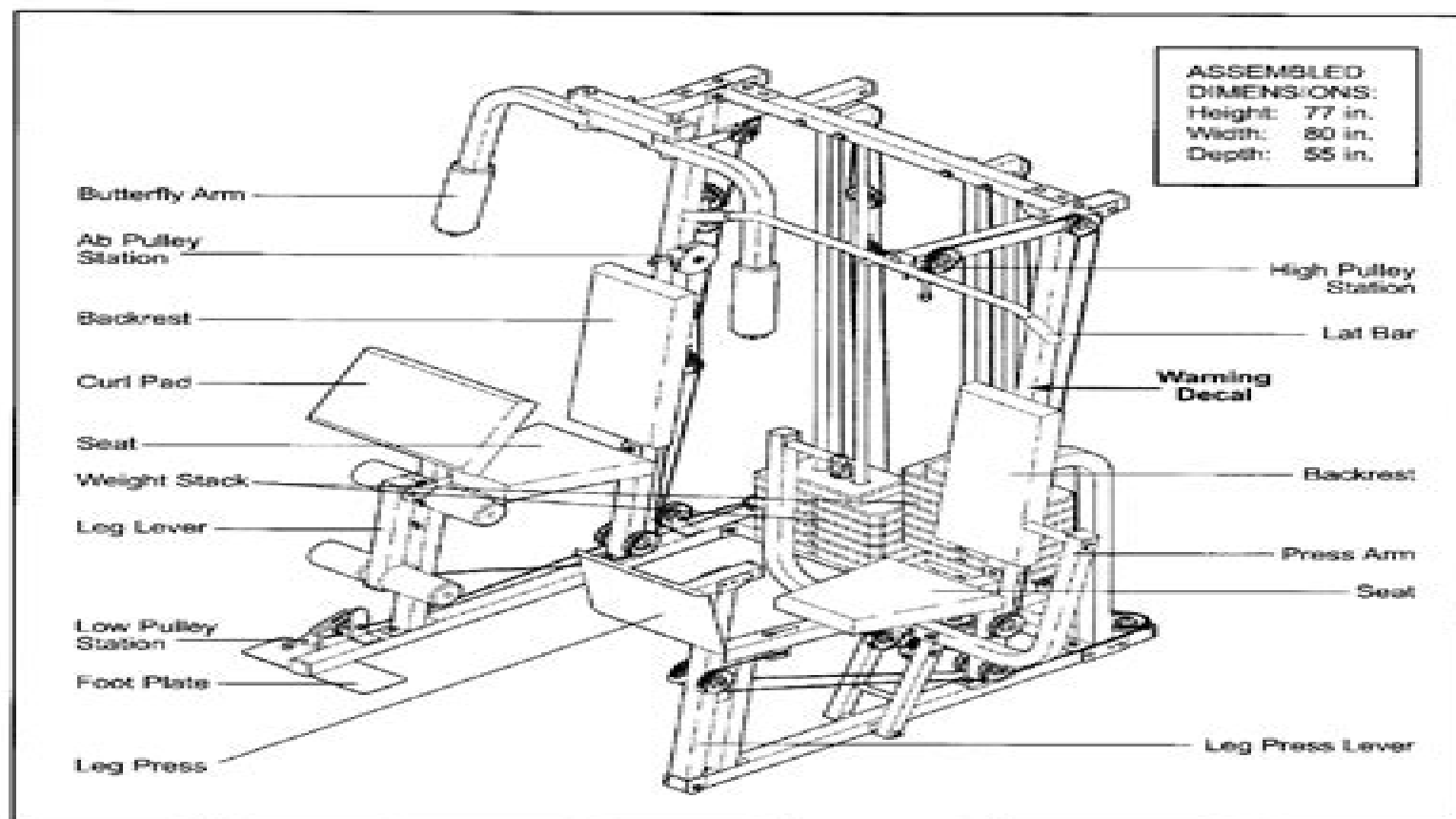
## BEFORE YOU BEGIN

Thank you for selecting the innovative and versatile WEIDER® PRO POWER STACK weight system. The POWER STACK offers a unique selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the POWER STACK will help you to achieve the results you want.

For your benefit, read this manual carefully before using the POWER STACK weight system. If you

have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.159832. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Please use the drawing below to familiarize yourself with the major parts and how they fit together.



# Weider Pro Home Gym Manual

**George W. Kirkley**



## Weider Pro Home Gym Manual:

Weight Training For Dummies Georgia Rickard,Liz Neporent,Suzanne Schlosberg,2011-07-15 Feel strong toned and terrific with the latest moves in strength training Whether you re a beginner who doesn t know a barbell from a chocolate bar a fitness junkie looking to expand your knowledge on weight training or you re recovering from an injury and need to rebuild strength this book is for you Find out how to use exercise machines and weights at the gym and design a workout to do at home Know your way around a gym learn all the weight lifting lingo equipment and etiquette Help control your weight raise your basal metabolism and burn fat not muscle while eating right Keep your bones healthy maintain bone density and reduce your risk of developing osteoporosis Track your progress use a daily workout log to track your journey from soft to strong Stay motivated try a blend of machines free weights balls bands and classes to keep your workout interesting Improve your heart health work your heart and lungs with aerobic exercise to complement your strength training Exercise safely follow step by step instructions on how to train without hurting yourself Mix up your weight training improve your balance and coordination with yoga and Pilates moves Open the book and find More than 150 weight training exercises with photos The latest in equipment including free weights and machines The best moves for working your core Information on toning and strengthening without bulking up How to find a fitness trainer The latest exercise DVDs to hire buy or download The lowdown on exercise deals and duds Current data on nutritional supplements Learn to Customise a safe and effective exercise program to suit your lifestyle Use free weights kettlebells and more to target specific areas Complement your workout with Pilates and yoga Balance your diet to fuel your workout      *Subject Guide to Books in Print* ,2001      Medical and Health Care Books and Serials in Print ,1997      **Ebony Man** ,1985-11      Books in Print Supplement ,1982      **The Washingtonian** ,1978-10      **New Comprehensive Training Manual** Universal Gym Equipment,1976      **Complete Weight Training Methods with the Universal Gym Machine** Universal Gym Equipment,1978      **How to Make a Home Gym** Linda J Morrison,2024-02-26 How To Make a Home Gym is a comprehensive guide that empowers individuals to transform their living space into a personal fitness haven This book provides practical advice step by step instructions and creative ideas for designing and setting up a home gym tailored to individual needs preferences and available space From selecting the right equipment to optimizing layout and maximizing functionality this guide offers insights into creating an inviting and motivating environment for achieving fitness goals conveniently at home Whether you re a beginner looking to start your fitness journey or a seasoned enthusiast seeking to elevate your workout experience How To Make a Home Gym offers the essential tools and inspiration to make your home fitness dreams a reality      **Weight Training Instruction Manual** Boyd Epley,Tim Wilson,1981-08-01      *Coaches Training Manual* Chuck Coker,Harold Zinkin,1972      **Manual of Weight Training** Ramboro Books,1999-11      The Manual of Weight-training George W. Kirkley,1973      *The Manual of Weight-training* George Kirkley,John Goodbody,1967      *Exercise Technique Checklist Manual* National Strength &

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