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Manufacturer of weight training systems, benches, free weights, and accessories.

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Mar 14, 2014 Weider 8510 Exercise Guide Last Updated: Mar 15, 2014 | By Jo Jackson. The Weider 8510 has a weight stack and pulley system. Photo Credit Jupiterimages

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Weider Pro 4950 Weight System. The chart it comes with is very handy, Only certain Weider Weight Systems allow certain exercises to be done on them.

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