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Weider Home Gym Workout Plan | SportsRec

Weider 2980X Exercises. By: Jolie Johnson. Published: 08 July, 2011. The Weider 2980X is a compact home gym. It has a single weight stack with a weight range of 10 to 214 lbs. Although you can work out both your legs and upper body on the Weider 2980X, the number of exercises is limited. The system includes an upright bench with a leg lever, butterfly arms, a curl pad and high and low pulleys.

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