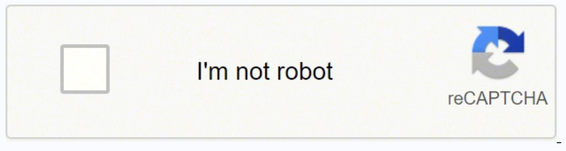

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Weider 8530 workout plan

16 HOW TO USE THE HOME GYM SYSTEM The instructions below describe how each part of the home gym system can be adjusted. Refer to the exerciseposter accompanying this manual to see how the home gym system should be set up for each exercise.IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the cor-rect starting position for the exercise to be performed. If there is any slack in the cables or chain as anexercise is performed, the effectiveness of the exercise will be reduced. 58 39 52 53 53 54 26 26 25 25 53 52 23 53 54 CHANGING THE WEIGHT SETTING The WEIDER 8530 features two weight stacks. Thefront weight stack is connected to the upper andlower pulleys, the press arm, and the butterfly arms.The rear weight stack is connected to the squat arm. To change the weight setting of either weight stack,insert a Weight Pin (26) under the desired Weight(25). Insert the Weight Pin until the bent end of theWeight Pin is touching the Weights, and turn the bentend downward. The weight setting of either weightstack can be changed from 6.5 pounds to 106.5pounds, in increments of 12.5 pounds. Note: Due tothe cables and pulleys, the actual amount ofresistance at each exercise station may vary fromthe weight setting. Use the WEIGHT RESISTANCECHART on page 17 to find the approximateamount of resistance at each weight station. ATTACHING THE LAT BAR OR NYLON STRAP TOTHE HIGH PULLEY STATION Attach the Lat Bar (54) to the Medium Cable (58) witha Cable Clip (53). For some exercises, the Chain (52)should be attached between the Lat Bar and theMedium Cable with two Cable Clips. Adjust thelength of the Chain between the Lat Bar and theMedium Cable so the Lat Bar is in the correctstarting position for the exercise to be performed. The Nylon Strap (39) can be attached in the samemanner. ATTACHING THE LAT BAR OR NYLON STRAP TOTHE LOW PULLEY STATION Attach the Lat Bar (54) to the Short Cable (23) with aCable Clip (53). For some exercises, the Chain (52)should be attached between the Lat Bar and theShort Cable with two Cable Clips. Adjust the lengthof the Chain between the Lat Bar and the ShortCable so the Lat Bar is in the correct startingposition for the exercise to be performed. The Nylon Strap (39) can be attached in the samemanner. 39 A close-up of a weight stack. Image Credit: Jupiterimages/Stockbyte/Getty Images The Weider 8530 is a home gym system that has two weight stacks and a pulley system to deliver resistance up to 270 pounds. There are several stations to work all the major muscle groups. The front weight stack is connected to the press arms, the butterfly arms and the upper and lower pulleys. The weight stack at the rear is only connected to the squat arm. There is a lat bar that can be attached to the high or low pulley system and a leg lever that can be attached to the low pulley system. Step 1 Commence your workout with a warm-up of five to 10 minutes of light cardio to warm the muscles. Adjust weight settings by inserting a weight pin under the desired weight and turning the bent end downwards. Weights are in increments of 12.5 pounds. Use the weight resistance chart on page 17 of the user's manual to choose the appropriate weight. Step 2 Attach the lat bar to the medium cable at the top of the machine with a cable clip to perform lat pulldowns. Straddle the bench and reach up and grab both ends of the lat bar. Sit on the bench and pull the lat bar down below your chin. At this point, your elbows should be bent. Straighten your arms right up in a V-shape. Repeat this eight to 12 times. You can also do one-arm lat pulldowns and move from one arm to the other. Step 3 Return the lat bar bar to the top of the machine and then do chest flyes. Sit on the seat with your feet flat on the floor. Place your forearms against the pads of the butterfly arms with your upper arms parallel to the floor. Push the pads to bring your elbows together until the butterfly arms almost touch. Hold for a moment. Keep your chest elevated and then return to the starting position. Repeat this eight to 12 times. You can also use the butterfly arms with one arm at a time. Step 4 Remain on the seat and move your legs so that your ankles are under the bottom pad of the leg lever. Perform leg extensions by straightening your legs and then lowering them again under control. Repeat this eight to 12 times. If you stand up and face the machine, you can use the bottom pads to do standing leg curls. Step 5 While still seated, grab the handles of the press arms with your fingers curled over the top of the handles. Perform chest presses by bringing your arms in towards your body and then pressing them out again using a full range of motion. Repeat this eight to 12 times. Step 6 Move to the squat arms on one side of the machine to do squats. Bend your knees and stand with your shoulders underneath the pads. Straighten up -- pushing against the weight -- and then bend your knees back to the squatting position under control. Repeat this eight to 12 times. Step 7 Move to the VKR arms on the other side of the machine for vertical knee raises. With your back to the machine, grasp the handles and come up onto your forearms and elbows, with your elbows supported on the padded rests and your head and neck against the back pad. Bring your knees up and in towards your stomach and then lower them. Keep your knees bent and feet off the floor until you have finished your repetitions. Aim for 15 to 20 repetitions. You can add variety with oblique twists and straight leg raises. Step 8 For a total-body workout, do three sets of each exercise. Keep well hydrated and move at a steady pace to build fitness. Incorporating resistance workouts into your fitness routine is a great way to build muscle endurance and define muscle tone. A Weider Home Gym makes it easy to target different muscle groups using a unique resistance system. In order to see the best results with your Weider Ultimate Body Works, Weider Pro 4300, or another model, you first need to study up on the best Weider Home Gym exercises. Knowing how to properly use your piece of equipment will improve your results and keep you safe in the process. Weider Home Gyms are designed to give you everything you need to start strength training at home. Depending on the model you go with, you'll have access to a high pulley for lat pulldowns, chest press, chest flys, leg developer, preacher curl, and low pulley station. These tools are pretty much all you need to target all of your major muscle groups. Because this machine is basically an all-in-one solution to at-home strength training, it eliminates the need to buy multiple pieces of expensive equipment. Thanks to Weider, it's possible to engage your entire body and build lean muscle with one home gym purchase Before planning any workout, there are several considerations to keep in mind. This is especially the case for building a Weider Home Gym exercise program; this is a large, versatile piece of equipment, so proper planning ahead of time is key. Here are the 2 main things to keep in mind before using your Weider Home Gym: Health Goals The two biggest health goals that a Weider Home Gym can help you to achieve are improved blood cholesterol levels and improved cardio capacity. Keep in mind; these are different from fitness goals, which are specifically geared towards improving your overall fitness. Health goals, on the other hand, are aimed at improving the inner workings of the body to help you live longer and, well, healthier. Fitness Goals Weider Home Gyms are great because they allow you to target a variety of different fitness goals. This piece of equipment allows you to lose weight, build muscle mass, improve cardiovascular endurance, enhance flexibility, improve stability and balance, and more. Because there's such a wide variety of different fitness goals to target, it's important to plan ahead of time so that you can do the right exercises to achieve those goals. The exact exercises you can do with your Weider Home Gym depend on the specific model you've installed in your home gym. Here's a complete breakdown of the most popular models and the equipment included with each: The 2980 model comes with high and low pulley stations that allow you to target the arms, shoulders, chest, legs, and back. The preacher curl bench is perfect for strengthening your biceps while practicing good form, and a 4-foam padded leg developer allows you to comfortably tone your quads. You can focus on your pecs with chest press and pectoral fly exercises, and the 80-pound adjustable weight stack allows for personal growth as you build muscle and strengthen your body. When used with specific pulleys, this model offers up to 214 pounds of total resistance. This model is a total home gym system that has 2 weight stacks and a pulley system that delivers resistance up to 270 pounds. It includes several stations to work all the major muscle groups. Press arms are connected to the front weight stack, and butterfly arms connect to upper and lower pulleys. Then there is a weight stack at the rear that is connected to a squat arm. It comes with a lat bar that can be attached to the high or low pulley system, as well as a leg lever that can be attached to the low pulley system.Weider 8530 Home Gym ExercisesThis system's design helps you create balance by assisting you in building opposing muscle groups efficiently. It includes a weight stack of 125 pounds and up to 330 pounds of resistance, 6 separate stations, industrial-strength pulleys and bushings, high and low pulleys for a combined 55 exercises, a row plate, an adjustable preacher pad, a multi-position lat bar, and a 4-roll leg developer. Weider Pro 6900 ManualThe XRS 50 model is a complete workout unit that includes everything you need to engage your entire body for better health and more powerful, lean muscle growth. It includes high and low pulley systems that power up to 280 pounds of resistance and can build strength across all major muscle groups in your body. There's a combined chest press and fly station that can sculpt your pectoral muscles and a pulldown bar that enables you to engage and define your lats. It also includes a comfortably padded 4-roll leg developer that allows you to target and train your lower body. The Legacy model includes a high and low pulley system with up to 280 pounds of resistance. It has a combination chest press/butterfly arm station that allows you to develop upper body strength and a 4-roll leg developer to target a wide range of leg muscles for lower body strength. There's a high and low pulley with a lateral bar for the total body workout.This model is focused on an adjustable incline bench that allows you to train your upper and lower body. It features an inclined platform that can easily adjust to suit your workout goals, body size, and existing strength.The addition of resistance bands provides the option to increase the weight up to 50 pounds beyond your own body weight. The durable cable and pulley system allows for greater workout versatility and range of motion. Weider Ultimate Body Works Exercise ChartThe Pro 4300 offers up to 195 pounds of resistance. It has customizable features like an adjustable preacher pad, chest press, and lat pulldown. This system combines a 125-pound weight stack with Precision System™ bushings and bearings and a total of 6 different body-sculpting stations. Weider Pro 4300 Home Gym Exercise Chart Because Weider Home Gyms are designed to give you a total body workout, it's possible to engage in lots of different exercise programs. Regardless of the program you're doing, any of the company's models can give you results. Here's a quick breakdown of each exercise program category that can be done with a Weider Home Gym: No matter which model you're using, warming up before a workout and cooling down at the end is essential. To start, work to gradually raise your heart rate through light resistance movements before building up to more challenging exercises. Before finishing for the day, gradually bring your heart rate back down by cooling down with stretching. This will reduce muscle soreness and stiffness. One of the biggest reasons to invest in a Weider Home Gym is to build muscle and increase muscle endurance. Any of the models are suitable for these programs, but if you want more of a challenge, opt for a model with greater resistance, like the Pro 6900. Within your workout plan, do your best to perform one or two sets of lifts using 60 to 80 percent of your maximum resistance, then move on to two to three sets using your maximum. While Weider Home Gyms are mainly geared towards strength training, it's also possible to get in aerobic workouts. The key is to perform your exercises at a faster pace, which can ultimately increase your heart rate and improve your cardiovascular capacity.You can take short breaks between exercises if needed, but try to keep moving nonstop for at least 30 minutes to elevate your heart rate. Weider Home Gyms are currently owned by Bain Capital Incorporated. Weider Health and Fitness, Inc. was sold to Bain back in the 90s for over $370 million. Yes! Building muscle mass as well as muscular endurance is one of the biggest benefits of using a Weider Home Gym. These systems are specifically designed to help you build muscle throughout the entire body. This depends on the specific model you purchase. Some models cost less than $300, and you can even get the Ultimate Body Works for around $250. If you're looking for an all-in-one solution to strength training, then yes, a Weider Ultimate Home Gym is worth it. However, if you're looking for a Weider model with a weight stack included, you might consider another model instead. There you have it - the complete Weider Home Gym exercise guide! No matter which Weider model you're using, this complete guide can help you to use your Home Gym to the best of its ability.

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