# WEIGHT SYSTEM **EXERCISE GUID**

#### DENOMPRESS

Sit on the seat and hold the handles with an complaint grip. Rates your effective as shown. Knop your back strengts Fully-selected your arrive. Religion

#### **PRODUCTIONS**

Refused the standard as impaired for the removed the first made and group the arms with all manched group Kongaring plant for the state of the control o



#### SE BUTTERFUY

Bit on the seal and place your sens on the lasterty arms as shown. Press the bulletty arms beyond each other until the people bounds. Produces by the province

Management administrator (B. S.)

#### CALFRANSE

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Manufact officient H, K.

#### DE BROWNE

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Minimples officialist (4), 1, 14, 161

#### CONTRACTOR LOG MAISE

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Microsoften of Section 5 (b. 8), by

#### VIERTICAL KNIEE PARKE

and the 1990 arms with your back to The content and prior artis suggesting prior energy. Storely have prior known as high as they set go. Heap prior bear position and aroun managing your legs. Response to the algebra position.

Moreoviers officerised if he

#### SE ASSISTED OF

of the desired warp's setting. Coroning them stop homeotenic, surfly years commits attraction and your browns, requiring on their packs an attention Stooly tracer your looks by beneding your efficies. Platters to the starting position.

Manufain officialist, St. L. O. A. G. R. S.

#### 2 PULL-UP

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Managhest affinement (C. R. C. H. H. H.

#### 18 PREACHER CURL

ethanic grip and extend your arms. Very cart. See list lost treesed your change, Blackgrow to their interfering providings.

Managhan officialist C. E.

#### GE LING PRESS

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Managhan affectant in N. W. St. R.

#### 191 LEG EXTENSION

Sid on the best and position your heat under the path on the legitmen flates for legitment until prior legit are streight. Return to the starting pro-

Musicipa official in

#### LEG CURL

Stand with the back of one key testing against one of the pasts on the leg-sons. Have the key were by barriery your leg-on shown. Haster to the start-ring processor.

Management of Statement 1991

#### AB CRUNCH

Attach the ab altique to the ab cable teach them to be able to the second town play altique them. Lead forward, bending at your water and hanging your back always

Musicilian afficiency W.

#### TRICEPS PRESS DOWN

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Muscley offschool: S. W.

#### 10 STEF ARM PUSHDOWN

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Managine affective S. P. R. S.

#### LAT PULL-DOWN

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Museum influence (C. H. H. H.

#### TRICEPS EXTENSION

Attach the let her to the legh cetter. Bit on the seal and find the bit has glovery your head with plant offered but Keeping glow again some interest, strategy straighten your some. Return to the oldering growth.

Manager official at 15, 16

#### CHOSSOVER FLY

Actually the humbles to the cames. Evidently your arms and host the har-dess as alream. Have your book strength and pad the humbles registrate in first of you in a fragging Austion. Maken in the starting popular.

Managines administrate B. C. C. S. B.

#### 20 BACK EXTENSION

Attach the let had to the true pates. Sit are the Room and heat the last let have approximate an efficient. Along your backs already and based back at proof would. Meeting to the starting pro-

Marketten afficient T



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#### 222 SHOE BENO-

Attach the hamile to the loss units Shared schoolings, subpred one arm strumental and hald the handle blood plan arm at your sale and band to be note as shown finding to the starting

Management of Production C. C. M. 140

#### PGT SHOULDER SHRUG

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Managines of September 15, 40, 47

#### CWERHEAD EXTENSION

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Moraches officialed E. W.

#### FEE ISOLATION CURL

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Managine affective C. E.

#### FOR PROMIT RICH.

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Whendries affections 5, 65, 74, 11

#### NO HEEL KICK

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Managines of Section 5 (4, 76) 191

#### THE HIP ADDRESTION

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Michigan without the C. W.

#### PRO HIP ABOUGINON

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Managine affected it. 10

#### SIS STANDING CURL

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#### BR BENT LATERAL RAISE

RE LATERAL RAISE

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Attach is handle to the low sable.



#### FRONT RAISE

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#### LIPROGHT NOW

gree, talk the our time to your charact there is the marking extended

Municipa affectant: C, E, L, O, P, O

#### SIST BUINT ROW

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Married official C. E. O. P. G. S. T

#### SIG BEATED FROM

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Muscles affected C. S. O. F. G. S. T.

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# AL WARNING: No. 10 TO 10

# **Golds Gym Wight Machine Manual**

**Emilie Sanchez** 

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