

Weider 740 User Guide

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Important Precautions WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench. 1. Read all instructions in this manual before using the weight bench. 2. Use the weight bench only as described in this manual. Page 4: Before You Begin WEIDER this manual).

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The Weider fitness company offers two home gyms that allow you to create resistance training, muscular endurance or aerobic workout routines. The X-Factor home gym is a progressive resistance machine that uses pulleys providing up to 210 lbs. of resistance, while the Club 8980 W machine uses pulleys and weight stacks to provide up to 175 lbs. of resistance.

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