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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

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