WEIDER PRO 5500

Model No. WEEVSY2996.0 Serial No.

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

QUESTIONS?

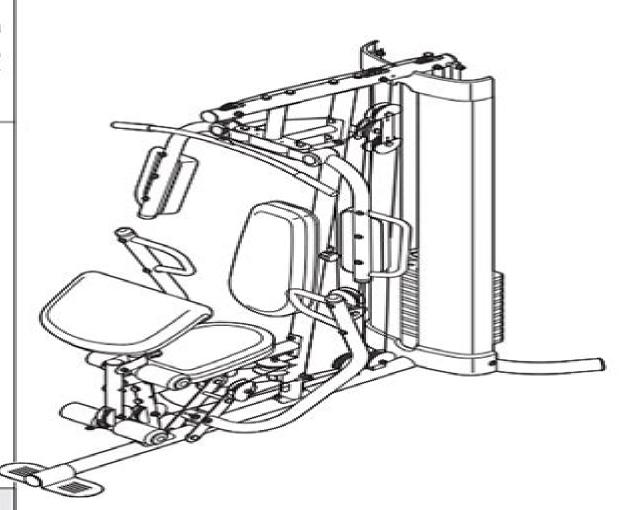
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write: ICON Health & Fitness, Ltd. Unit 4 Revie Road Industrial Estate Revie Road, Beeston Leeds, LS11 8JG UK

email: csuk@iconeurope.com

USER'S MANUAL



A CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Weider Pro 5500 Exercise Guide

Ben Weider, Joe Weider, Daniel Gastelu

Weider Pro 5500 Exercise Guide:

The Brandweek Directory ,1999 **Consumers Index to Product Evaluations and Information Sources** Pierian **Books in Print Supplement** ,2002 **SRDS Consumer Magazine Advertising Source** ,2001-10 Press, 1995-03 Who's Who in the West Marguis Who's Who, LLC,2002-09 Good Housekeeping ,1993 **The Edge** Ben Weider, Joe Weider, Daniel Gastelu, 2003 The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight Training Notebook Weider Publications, LLC, 2002 At last the complete fully illustrated guide to weight training training exercises based on the popular Muscle Fitness column Training Notebook Now all in one place 74 of the best exercises ever with step by step directions for building a strong muscular physique This easy to follow format lets you choose from a variety of exercises for each bodypart from back and biceps to chest and calves You can now change up your training so you keep making gains while you hit your muscles from new angles every workout The Muscle Fitness Training Notebook provides detailed instruction on doing each movement correctly for maximum effectiveness and safety Special tips let you customize each exercise for your individual goals whether you want wider shoulders or stronger legs The training log lets you keep track of your sets reps and poundage along with your progress Color coded anatomy drawings show you the muscles in action with sports applications for each exercise listed Expand your exercise inventory with this essential guide The spiral bound format provides easy access for convenient use while you train Vince Gironda's Pro Series Dennis B. Weis, 2021-12-06 Expect the UNEXPECTED with this 6 phase muscle building routine Vince was all about getting results in the gym and doing exercises the way he thought was most beneficial for muscular growth Gironda's PRO Series incorporates many of his trademark exercises and techniques that he created in the Golden Age of Bodybuilding Prepare to be amazed as you do some of Vince's favorite moves like Dumbbell Zorro's Burlesque Bumps and Zottman Curls to name a few Weight Training For Dummies Liz Neporent, Suzanne Schlosberg, Shirley J. Archer, 2006-06-06 A properly executed strength or weight lifting regimen can lower your blood pressure and cholesterol levels stabilize your blood sugar reduce the risk of heart disease increase your strength and more Weight Training For Dummies Third Edition is packed with all the information you need to start your own personalized weight training program and get yourself into peak condition fast You ll find out about Circuit and resistance training 20 minute weight training routines The newest and best weight training equipment Combining weight training with other exercise Gender differences in weight training goals and routines Specific approaches for baby boomers and seniors just starting out Using weight training to address specific health conditions Preventing injuries Weight training for children and teens If you re getting pumped about weight training don t delay Buy Weight Training for Dummies Third Edition today and you ll be in shape in no time The Ultimate Exercise Guide Nicolas Andreou, 2024-11-17 The Ultimate Exercise Guide Arms Edition 167 How to Instructions for Home and Gym Are you ready to

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