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Mar 30, 2011 The Weider 9635 is a multi-station home gym. It has two weight stacks with two upright benches, a high and a low pulley, Weider 8510 Exercise Guide.

Weider x factor doorway workout - diets in review

The Weider X-Factor is a piece of home gym equipment that The door-mounted device comes with supportive materials like exercise DVDs, a nutrition guide and all

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