Impex Power House Wm1501 Workout Manual

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Marcy 150-lb Multifunctional Home Gym Station for Total Body Training Quick Full Body Home Gym Workout *Tonal Smart Home Gym Review: The TRUTH After 6 Months* ~~Impex Fitness Autobench MX-WM-101 Assembled, No Manual.~~

Marcy 150 lb Stack Weight Home Gym ¦ MWM-990

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Home Gym Equipment (Beginners)**PowerHouse Gym Workout, My Massive BSN Banner \u0026 FUN VLOGGING! ¦ Arnold Classic 2017** ~~Testing Weird Workout Gadgets!~~ Titan Fitness Bicep Tricep Curl Machine Review, Home Gym Equipment Setup! How to pick equipment for your home gym (Best home exercise equipment for BEGINNERS - ADVANCED) *HGK002 Home Gym - Renouf Fitness* **Biggest Home Gym Mistakes I Made** *How to use Home Gym 102* The 10 Biggest Home Gym Mistakes I See... **I Did Peloton For Two Weeks Straight And Here ' s What Happened Adidas Home Gym Review - 17 Exercise Variations** Build a DIY Bodyweight Gym for $80! Plus our favorite Maker Videos! S1E11 **MARCY MWM 990 150lb Review ¦ Home Gym Workout Equipment** ~~ح ا ل ا م ل ر ا ه ح ا ل ا م م ر ك ل ي multi gym~~ Ultrasport Multistation Kraftturm ¦ Powertower ~~Marcy Home Gym | MKM-81030~~ How to BUILD a $500 HOME GYM on AMAZON 5 UNIQUE \u0026 Useful/USELESS Fitness Products Future of Home Workouts! Smart Fitness MIRROR (Full Review and Demo) *IMPEX Marcy MWM980* ~~Home gym with smith \u0026 Functional Trainer Exercise Video - Dynamo Fitness~~ *Fitting of Home Gym SP or Home Gym Lifeline How to build a GYM Bench - Homemade GYM // EP02* **Muscle Monster WORKOUT on this HALLOWEEN** ~~Impex Power House Wm1501 Workout~~

Impex owner manual powerhouse club phc 715 (11 pages) Summary of Contents for Impex POWERHOUSE WM-1501 Page 1 Parts List Resistance Chart Warranty Ordering Parts Model WM-1501 Retain This Manual for Reference 06-02-03 OWNER'S MANUAL POWERHOUSE HOME GYM WM-1501 IMPEX FITNESS PRODUCTS 14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746 Tel: (800) 999-8899 Fax: (626) 961-9966 www.impex-fitness.com ...

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Resistance. Plates on the Powerhouse Home Gym weigh 10 pounds each. Because of the pulley mechanism, each exercise provides varying degrees of resistance. When you use one plate, for example, the exercise machine will provide 30 pounds of resistance for the front press, 15 pounds for the butterfly, 30 for the lat pulldown, and 30 for the leg developer and low pulley, according to Impex-Fitness.

~~Weight Training on a Powerhouse Home Exercise Machine ...~~

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~~Exercise Chart For Powerhouse Elite Home Gym~~

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Leg extension/leg curl station, preacher curl attachment, integrated squat station and built-in rowing machine Folds to a compact size(44 by 46 inches) recommended workout area of 9' 4" x 6' 6" SPECS: Number of exercises: 95+ Weight resistance: 310 pounds(can be upgraded to 410 pounds) Dimensions: 82 x 92 x 46 inches(HxLxW) a minimum of 7' 4" of ceiling height will be required to assemble the Bowflex Ultimate 2 Folded footprint: 44 x 46 inches Workout area: 9' 4" x 6' 6" Maximum user weight ...

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~~Marcy Home Gym Exercise Chart~~

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