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## Total bodyworks 5000 workout guide pdf

Just in case you aren't tuned in, the Weider Ultimate Body Works home gym is a classic, yet slick exercise machine built for the whole body. It utilizes a sliding incline bench and a pulley system with tension bands below for customizable levels of resistance for many different sorts of exercises. I mean the dang thing does everything other home gyms do for a fraction of the cost. I mean just look at the reviews on amazon, they are incredibly positive. Combine that with the low price, this thing is perfect for performing tons of bodyweight exercises. Click here to see the latest price. Last time i checked it was still dirt cheap. Utilizing its unique system for providing external resistance, you mostly use just your own body weight for many of the exercises possible with this home gym. Like most home gym machines, your mind may spin when you try to think of ways to perform exercises on it, but really, it's actually quite simple! The weider ultimate body works has many many exercises that are not listed here, but here you will find out the main exercises that you can do with the the weider home gym. What Are the Main Exercises That I Can Do With This Home Gym? (PDF Download Below) Weider Ultimate Body Works Exercise Chart Want a PDF Download Instead? Click the link below or you can click here to get your exercise downloadable pdf. (and no, I do not require email like everybody else.) free to download enjoy. Weider Ultimate Body Works Exercises PDF Is the Weider Ultimate Body Works Worth It? Before getting into details about the different exercises that you can do on this home gym, let's dig a little deeper into what it really is and why it makes for an ideal addition to your gym. Shall we? Now, albeit costing a mere fraction when compared to other home gyms on the market, the Weider Ultimate Body works boast plenty of cool features. It thus doesn't come as a surprise how this machine has earned itself such a long list of positive reviews. Here are some of the coolest features that just about everyone seems to miss when looking at the bigger picture. The Rolling Cushion Bench That's right, the seat on the bench is not only super comfy with sufficient cushioning, it also moves along the frame. This gives you the flexibility you need when switching between different exercises. Yeah, it feels a tad better knowing I don't have to trade off the comfort for a bit of versatility on a home gym. Solid, Smooth Cables Seated rows, lat pulldowns, overhead presses...these are all awesome exercises you can do on this machine, all thanks to its reliable cable system. The pulley system is among the major parts that make up this Weider body works machine, and the cables are at the heart of this incredible system. Besides their ideal positioning to allow for easy execution of different moves, the smoothness and tenacity of the cables in this one will get you hooked right from the first day you get a pull at them. Different Incline Settings This is pretty common in most home gyms, and for good reasons; there is something about a variety of incline settings that makes these machines as fun as they are effective. Just think about it, with this much flexibility, you have all you need to fine-tune your different workouts for your desired results. And that's just part of it; the varying incline settings also help when carrying out different workouts to match your fitness level and even personal strength. Anything Else Worth a Hoot? Well, the features I have listed above are just some of the bits that make this home gym stand out, but the ones I feel don't get as much attention as they actually should. This Weider Body Works still packs in a myriad of other great features like the nylon strap handles, exercise guide, SuperPack additional resistance, 90-day warranty on parts and labor, as well as a squat stand. And yes, you also get an exercise guide - this one will be super handy for you nerds trying to find your way into home gyms and how they work. Lastly, and perhaps most important of all is the stout steel-tubing frame. You can bet this will take on some serious weight. And you'd be right to think so, as the 250-pound user capacity that this machine is capable of supporting is no mean feat for a machine this compact. What Exercises Can I Do on the Weider Body Works? A whole lot actually! When we say this machine is versatile, we mean it in every sense. Thanks to its ingenious, all-rounded design, the number of exercises you can do with this gym is quite extensive to say the least. Here are some fun, simple, yet super effective workouts that you can do on this unit: Squats - Leg Workout Working as a sort of bastardized hack squat variation, you can lay with your back to the pad and your feet at the base. Slowly squat down, sliding the cushion along with your movement, feeling the tension in your thighs, and push up once you reach appropriate depth. Seated Row - Back Workout Seated towards the bottom, facing the pulleys, you should be able to grab the handles and pull towards your chest, back straight and tightened, to get a full contraction in the lats. Great in addition to a lateral pull movement, rows can be done in a multitude of ways on this machine. Weider Ultimate Body Works seated row exercise Lat Pulldown - Lat Workout / Alternate to Pull Ups Laying with your back on the pad, you simply have to grab the handles and pull down as you would on a lat pulldown machine or as if you were doing pull-ups. Related Reading: How To Do Neutral Grip Pull Ups Overhead Press - Shoulder Workout Sit up high with your back to the cables, and the handles at shoulder height. Bracing your core, press up until your arms are fully extended, and locked out above your head, then, bring them down till you are back at the starting position. This exercise is obviously great for the shoulders, but more specifically the front delts. Weider Ultimate Body Works Leg Exercises One Leg Squat We covered the traditional squat exercise, but if you find it too easy, this machine makes pistol squats much easier through the sled-like pad. Standing as you would in a squat, come down to the deepest you can go while not experiencing any discomfort, and push back up to the top. Reverse Single Leg Squats Instead of having your back on the pad, start with your chest to it, and in a similar movement, squat down, but keep your feet positioned high on the base, this also works great with one leg for a more challenging exercise. Bulgarian Split Squats Utilizing the machine in a less traditional way, prop up your foot on the pad or the top rollers for foot stability, and come into a split squat stance with your other leg. Then squat down with your weight distributed between the two feet. Weider Ultimate Body Works Chest Exercises Chest Flys The pulley system makes this home gym a great platform to perform flys on. Sit on the pad facing away from the pulleys and take a handle in each hand, then, with your arms slightly bent, bring the two handles together in front of your chest in a wide fly motion, feeling the contraction of your pecs as you do so. Chest Press The classic exercise expected to be available on every home-gym machine, don't worry, the movement works great here too. Sitting at whatever height is comfortable away from the handles, you grab the pulleys and situate yourself with each at shoulder height, perhaps lower, and push out away from your chest to feel the contraction of your pectorals. Once fully extended, bring your hands back to your chest and repeat. This is one of my favorite exercises to do on the weider ultimate body works home gym. Should You Buy the Weider Ultimate Body Works? - Yes! You can check it out on amazon for dirt cheap by clicking here Often times, I find it difficult to justify to others purchasing a home gym machine - the prices are too high, the number of exercises too limited, and the compatible workouts too gimmicky. But with the Weider Ultimate Body Works, none of those things apply. Why I'm Telling You to Buy the Weider Ultimate Body Works Home Gym It is: Perfect for Beginners Because of the simplicity and cheap cost this is the best home gym for beginners. Allows for Tons of Exercises This little home gym is one of, if not the best, bang for buck option because of the amount of exercises that you can perform. The PDF that they include shows you how to perform each and every exercise. Inexpensive At only around 100 dollars, it is cheaper than a few sets of dumbbells Highly Reviewed With over 1,500 ratings on Amazon, it has an average of 4.4 out of 5 - that's a lot of satisfied customers! Many attest to the quality construction and great workouts they get out of their home gym. Versatile The adjustable cable resistance and sliding platform offer tons of different combinations of workouts and exercises (especially for the upper body) Exercises are Proportioned to your body weight Get strong by utilizing your own weight and stay healthy through proportioned strength and cardio Quiet You'd think shifting around on a giant metal contraption would make a lot of sound, especially if you live in an apartment and worry about your neighbors below. But due to the large frame of it, weight and impact are distributed evenly throughout the entire construction. Compact Did I mention how Small & Compact it is? Well, it can be compacted down to an even much smaller size, simply and quickly, without hardly any tools at all. Making it an excellent piece of home gym equipment for small space. Durable By all accounts the machine is very strong and can resist quite a bit of damage, even considering the low price-point, it outpaces many other machines much more expensive than it. How Should I Use This Home Gym? Who is it best for? Everyone knows that no piece of gym equipment solves every niche, some might work better than others in some things, while you might need an additional tool in your tool belt to do the rest. Weider Ultimate Body Works has a ton of variety in the exercises you can perform with it, as previously mentioned. And while it is not necessarily meant for the complete gym rat who wants to add on tons of muscle and gain a bunch of strength, it is meant for anyone who wants to get fit and lean. Through the potential for endurance-related exercises, you can also quite easily supplement cardio with some of the variations you can perform on this home gym machine. Furthermore, it's great for anyone with a busy schedule who wants to get in workouts consistently without sacrificing on the quality of the exercise. Recommended Readings:



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