

Weider Exercise Equipment - Make Your Choice

Weider, owned by ICON Health and Fitness, makes some of the best home gym equipment available. Weider exercise equipment has been the name in home gym fitness centers for years. There are a number of excellent pieces of equipment Weider makes to meet your home gym needs.

Weider 8530 Home GymThis fine piece of Weider exercise equipment has everything you need to develop your major muscle groups. It is a three station unit that includes a lat bar, butterfly arms, squat arms, press arms, leg lever, two weight stacks, and VKR arms. It is a great for a complete piece of home training equipment.

Weider 16.6 Strength TrainerYou can count on excellent performance from this strength trainer. It offers a club workout in the privacy of your home. It comes standard with an upper body workout station, butterfly arms, assisted dip/pull-up station, leg developer, high pulley/lat bar, low pulley, leg press, and two weight stacks. It offers both a comfortable and high quality workout session.

Weider Boxing GymThis complete home gym in the category of Weider exercise equipment offers an excellent workout with boxing features. Boxing is not only fun, it can also help with hand-eye coordination, response timing, and it is an excellent way to achieve the muscle tone you've always wanted. This particular home gym not only has a speed bag, it also comes equipped with a forty pound punching bag. It also has a chest press, leg developer, butterfly arms, and low pulley. Moreover, the plate loader system helps keep your workout fast-paced.

Weider Pro 2200 Strength TrainerThis home gym has everything you need in a very compact package. It features both high and low pulleys, padded butterfly arms, a chest press, padded leg developer, lat bar, and ankle strap. Each model also has an exercise chart to help you get your training on track.

About the Author

Food and exercise diary for Windows. Logs and calculates daily intake.

Source: <http://www.productsherbal.com>