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ordered the other Total Body
Works 5000, because it had
better reviews and was less
expensive. When the box came

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it turned out to be this Weider Total Body Works 5000. The picture on the box showed the model without the Weider logo on the seat, but inside was the exact model shown here.

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is perfect for those who are short on money, but want a home gym for themselves. The bench press cum workout machine allows them to get most of the features of a home gym by using weight plates, cable pulley system,

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helps you firm, tighten and
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while...

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Short of a multi-station

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weight & pulley system, I think the Weider Total Body Works 5000 is the best single piece of equipment for a great total body workout. It's heavy weight construction, has 8 incline (resistance) settings and 4

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bands for an added 50 lbs.
of resistance. It easily
changes incline positions
with a simple pull of a pin.

Avs Mechanical & Bodyworks •
East London • Oos-Kaap •
Weider Total Body Works 5000

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Gym Review. This Weider Total Body Works 5000 Gym system uses your own body weight for with extra exercise suggestions, with this valuable workout quick guide. The Weider Total Body Works 5000 falls into the

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same equipment family as the
Total Gym 1000 Exercise
Guide . How to Use a Weider
Home Gym.

Weider Ultimate Body Works
vs Weider Total Body Works
5000

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The Weider Total Body Works 5000 uses body weight as resistance via a glide board that attaches to a cable and pulley system similar to the design of its competitor, the Total Gym. **Kneeling Row**
The kneeling row exercise

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works the back, biceps and
shoulders.

Weider Total Body Works 5000
Gym
Experience fitness like
never before with the Weider
Ultimate Body Works Bench

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with Professional Workout Guide. A versatile, multi-purpose design makes this item the ideal choice for fitness enthusiasts who are looking to consolidate equipment or amp up an existing routine.

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Workout Guide for the Weider
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SportsRec

Fortunately, the Weider
Total Body Works 5000 offers
a workout that provides both
natural resistance (your own

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body weight) as well as cardio. The latter is imperative for heart health. Sitting down while working and then coming home to watch television or sit on the computer is unhealthy.

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The Weider Total Body Works

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5000 Gym is a hassle-free fitness machine to exercise at home. The cable pulley system offers you a great range of unimpeded motion that you can perform. With over 50 body-shaping exercises, you can

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strengthen and build muscle flexibility with it.

Total Body Works 5000

Review/Demo

With the Weider Total Body Works 5000, you'll be able to work your way toward a

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more chiseled physique. Best of all, you can do it right from the comfort of your own home. This total gym model features an improved system with each resistance band capable of increasing resistance beyond your own

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body weight.

Weider Ultimate Body Works
Bench with Professional
Workout ...

Weider Total Body Works 5000
Gym Just like the Ultimate
Body Works described above,

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the Total Body Works 5000 will work all your main muscle groups using your own body weight. You can increase the level of difficulty by raising the incline of the bench.

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