

Impex Power House Wm1501 Workout Manual

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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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