

## Crossbow By Weider Exercise Manual

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May 21, 2013 Showing a few exercise on on the weider crossbow max similar to a bow flex.

<http://www.youtube.com/watch?v=O6GVwOEUcKE>

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<http://www.weider-home-gym.info/weider-crossbow-home-gym-manual-pdf/>

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Impressions of a New CrossBow Owner. Review by DKTaber Cons: Some design flaws, poor exercise manual, I purchased a Weider CrossBow Advantage just 8 days ago

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