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Weight Unlike aerobic exercise, which emphasizes endurance training, anaerobic exercise focuses on strength training. A gradual weight gain can occur while building the size and strength of muscles. While developing muscle mass, your body adapts to the stress placed upon it.

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Because of the pulley mechanism, each exercise provides

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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.

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