

Bowflex Ultimate Manual Fitness Guide

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1.5 oz. (42 grams) serving equals approximately 165 calories. Choice of one: Kellogg' s Low Fat Granola (without raisins), General Mills Honey Nut Clusters, General Mills Basic 4 1/2 C. skim milk (45) 3/4 C. orange juice (82) Noncaloric beverage. Shake (choice of one shake) Place ingredients in blender.

The Bowflex Ultimate Home Gym Owner's Manual
The Bowflex Ultimate 2 and Fitness Guide Bowflex Ultimate 2 Owner's Manual And Fitness Manual 45 pages Summary of Contents for Bowflex Ultimate 2 Page 1 Special Edition Includes: Dr. Ellington Darden' s Six Week Fast Fat Loss – Body Leanness Program The Bowflex Ultimate © Owner' s Manual and Fitness Guide (Shown with optional accessories)

Bowflex Ultimate Manual Fitness Guide
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Your Bowflex Ultimate®2 home gym has four different bench positions. To adjust the bench, simply locate the spring lock pin on the side of the seat. Pull out pin to release seat, then slide it to the desired position. Pull out pin, give it half a turn, and release to place it in a " free sliding " position for exercises such as rowing.

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your body will get with the Bowflex® Xtreme®2 home gym! In this Owner' s Manual you' ll find powerful body-building exercises, leanness-enhancing workouts and a Fast Fat Loss eating program customized to give you extreme results! Please take your time to read through the entire manual before attempting to use your Bowflex® Xtreme®2 home gym. You

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