

Components for this assembly
are in a box labeled
Leg Extension Attachment

Step 5:

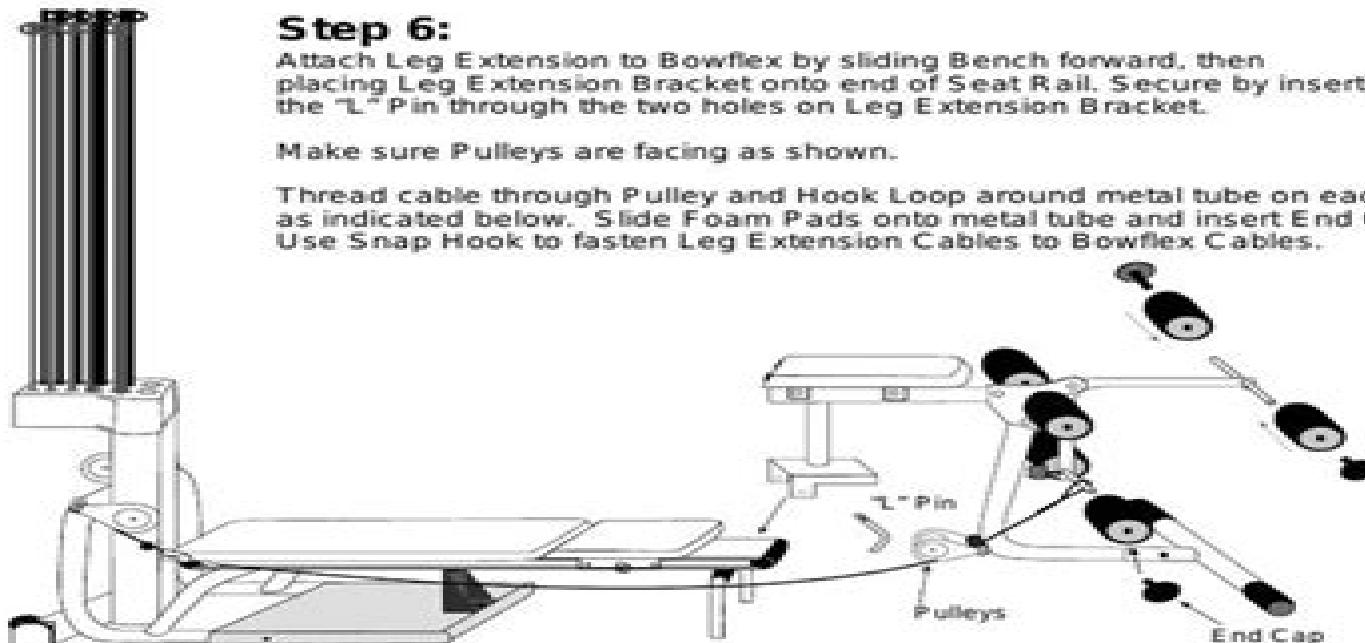
Insert metal tube through large holes on Pivot Arm Bracket. Slide on Foam Pads and secure with End Caps as indicated. Attach Pivot Arm Assembly to Pivot Arm Bracket with one M10 Allen Head Bolt. (Tighten with an allen wrench). Secure with M10 lock nut. **Important!** Do not overtighten. Tighten so that Pivot Arm Assembly does not have excessive side to side movement, but still pivots smoothly.

Step 6:

Attach Leg Extension to Bowflex by sliding Bench forward, then placing Leg Extension Bracket onto end of Seat Rail. Secure by inserting the "L" Pin through the two holes on Leg Extension Bracket.

Make sure Pulleys are facing as shown.

Thread cable through Pulley and Hook Loop around metal tube on each side as indicated below. Slide Foam Pads onto metal tube and insert End Caps. Use Snap Hook to fasten Leg Extension Cables to Bowflex Cables.



To leave Leg Extension on machine when not in use,
unhook Leg Extension Cables from Bowflex Cables.

Bowflex Pro Workout Manual

Bertie Charles Forbes

Bowflex Pro Workout Manual:

The Bachelor's Guide To Life Jason Rich,2005-05 The Bachelor's Guide To Life is jam packed with detailed information and answers to common questions that every single guy has as they strive to achieve happiness and success Discover the secrets for finding and creating the perfect bachelor pad dating personal grooming managing finances finding an awesome job enjoying free time and planning for the future Read interviews with experts and learn about products and services that can improve the quality of life of any single guy The Bachelor's Guide To Life is ideal for college students recent graduates guys who are recently divorced singly guys looking to improve their lives and metrosexuals everywhere **Field & Stream**,2008-12 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations *Men's Health*,2007-06 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle *Field & Stream*,2007-09 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations *Men's Health*,2007-03 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Men's Health**,2007-11 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle *Field & Stream*,2008-09 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations *Men's Health*,2007-04 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle *Road and Track*,1994 **My Back Nine** Tony Caico,2010-12 After riding the gravy train for more than ten years in the mortgage banking industry author Tony Caico's industry and his life met at an intersection and crashed His worth was so closely tied to what he did for a living that he no longer knew who he was After some careful soul searching his healing began and he put his life back on track Using the back nine holes of a golf course as a guide Caico uses his experiences to help others analyze what they need to do better to truly enjoy the second half of their lives Each golf hole represents one of the following nine key life components family health and wellness knowledge career spirituality leadership relationships self improvement and happiness In My Back Nine Caico synthesizes current thinking and research on careers evaluating strengths and formulating life plans to offer a guide to making changes for the better The essential qualities needed for success in golf preparation focus patience discipline integrity and honesty are the same qualities necessary to be successful in life My Back Nine shows how both life and sports can often create real winners on and off the playing field *Low Rider*,2007-09 **The Bowflex Body Plan** Ellington Darden, Phd,2003-11-15 Discover the super secrets for getting the most out of the hottest home workout machine ever We've all seen those attractive Bowflex

bodies on television Well you don t have to resemble a model to achieve a Bowflex body Now you can apply the complete science behind what it takes to get that lean muscular look The course of action you re holding in your hands contains the best possible routines and practices that combined cause greater and faster results The Bowflex exercise system is based on the simple bow and arrow principle Its patented Power Rod technology flexes and extends to provide force or resistance part of your week by week workouts which focus on all major muscle groups Merge the recommended Bowflex routines with Dr Ellington Darden s guidelines on eating hydrating and resting and you ll be well on your way to getting the results you ve always wanted In addition to four fat loss meal plans you ll find complete programs for out of shape athletes women who want to reduce their hips and thighs and individuals who wish to focus on their abdominals Choose the one that s right for you depending on your age experience body type and personal goals Throughout these pages you ll be inspired by reports and photographs of real results from real people using a real Bowflex machine With a little discipline and patience you ll see your extra fat begin to vanish revealing your muscles lean lines In only six weeks a man could drop 35 pounds of fat and 5 inches from his waist A woman could lose 19 pounds of fat and 4 inches from her thighs And both can build 3 pounds of muscle Best of all you will experience strength firmness and muscular refinement as never before Elegant instructive photographs of Dr Darden s top 23 Bowflex exercises make this the ideal fitness manual for both men and women those who already use the Bowflex system as well as the many new users of this fast growing home exercise system The only authorized book on the subject The Bowflex Body Plan will help you lose fat build muscle and reshape your body fast Soon you will have the results you ve always wanted Soon you will have a Bowflex body

Men's Health ,2007 **ForbesLife** ,2007-04

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Forthcoming Books Rose Arny,2003

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Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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