

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

### Step 5:

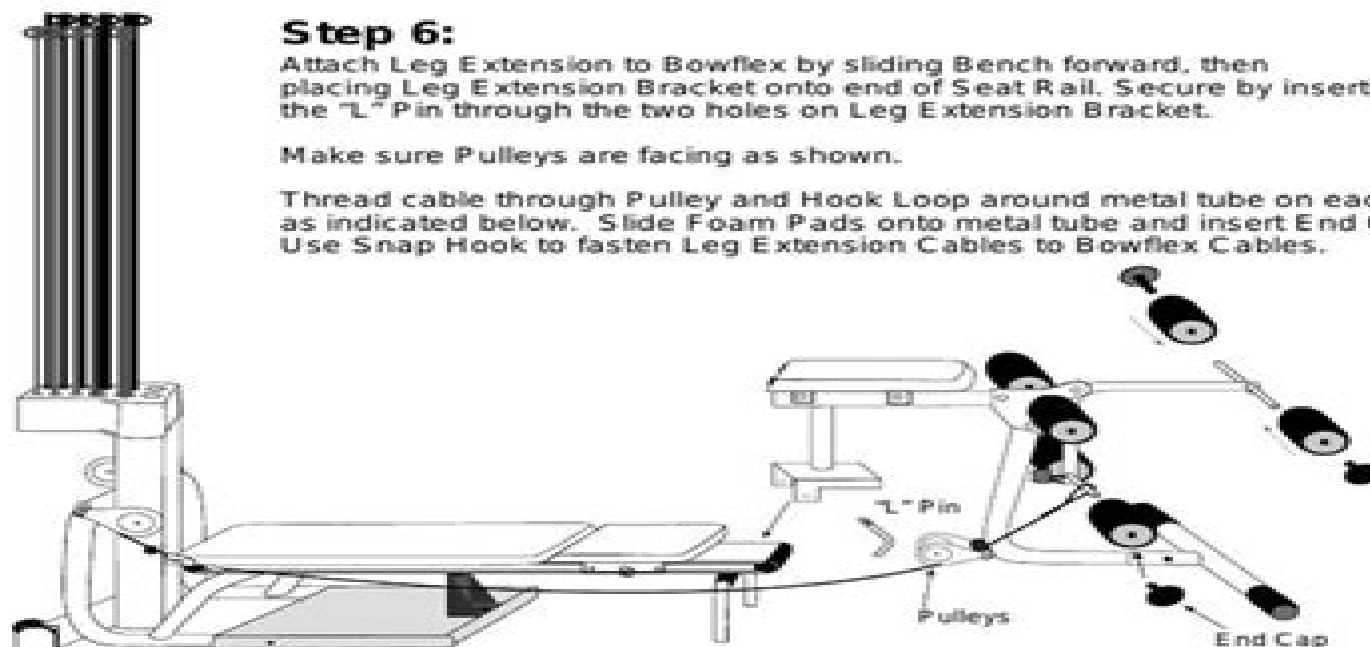
Insert metal tube through large holes on Pivot Arm Bracket. Slide on Foam Pads and secure with End Caps as indicated. Attach Pivot Arm Assembly to Pivot Arm Bracket with one M10 Allen Head Bolt. (Tighten with an allen wrench). Secure with M10 lock nut. **Important! Do not overtighten. Tighten so that 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 Power Pro Xtl Exercise Manual**

**Ellington Darden, Phd**



## **Bowflex Power Pro Xtl Exercise Manual:**

*Product Safety & Liability Reporter*, 2004      *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      *Bowflex Advanced Method of Strength Training* Krzysztof Treliński, 2021-03-24 This book gives you the whole body strength training method based on the newest findings in bodybuilding and nutrition It is also based on the philosophy that the workout should be short but provide maximum benefits

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