

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

Step 5:

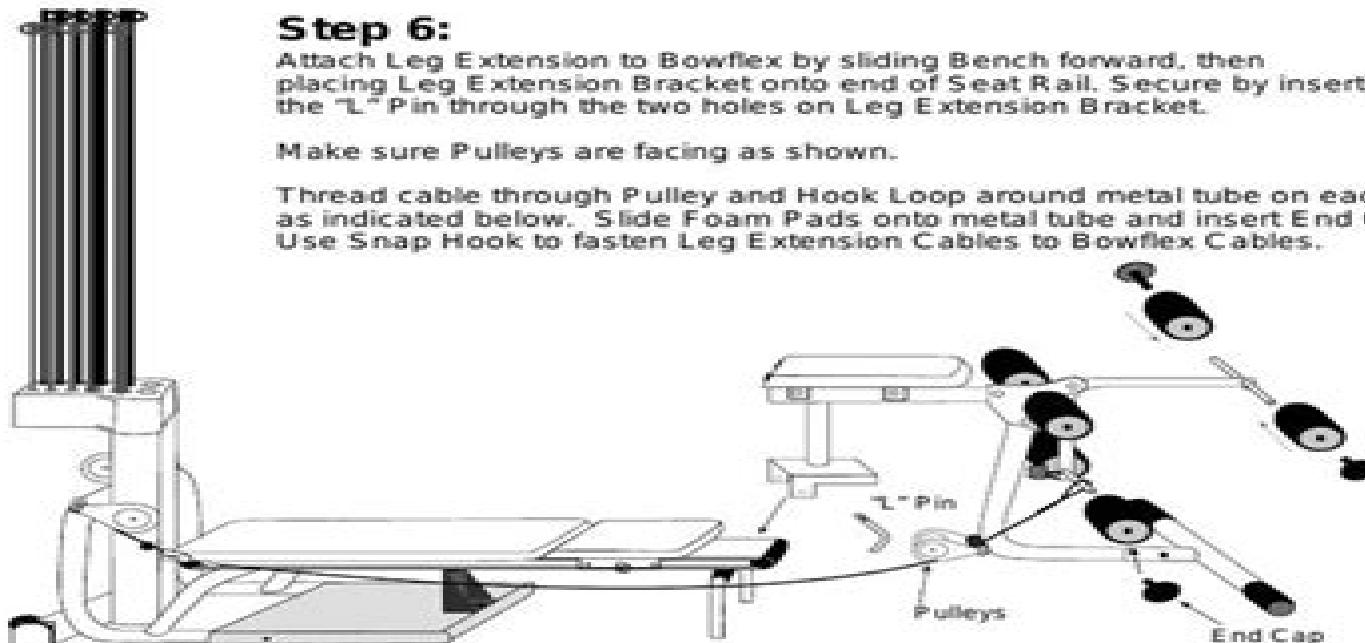
Insert metal tube through large holes on Pivot Arm Bracket. Slide on Foam Pads and secure with End Caps as indicated. Attach Pivot Arm Assembly to Pivot Arm Bracket with one M10 Allen Head Bolt. (Tighten with an allen wrench). Secure with M10 lock nut. **Important!** Do not overtighten. Tighten so that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



Bowflex Power Pro Xtl Exercise Manual

Ellington Darden, Phd

Bowflex Power Pro Xtl Exercise Manual:

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Krzysztof Trełski,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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