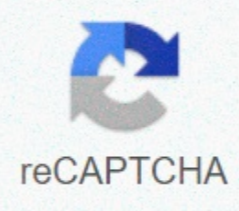




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Example of functional, explosive force to be recalled ... The 2008 Bowflex XTL is one of the best home fitness devices on the market, which unlike traditional home training equipment is not based on lifting free weights, but it is built on the basis of advanced Power Rod resistance technology that offers resistance to elongated bending rods that extend back to the frame apparatus. It's very easy to start doing exercise and slowly, but it certainly becomes harder to do it when the rod tension grows. This home-schooling device is as good as comfortable. It can be used by everyone, men, women and children. The Bowflex XTL stands out for its effectiveness, safety and easiness of exercise, folding and moving to any location even on the second or higher floor. With Bowflex XTL you can work out each muscle group individually, you can do a variety of exercises for the chest, shoulders, hands and feet, back and abdomen. Your simple design fitness machine looks very good. Bowflex needs space about 83.5 inches high, 92 inches long and 23 inches wide. Bending rods are made of special material and covered with a protective rubber coating. Each Power Rod has a special weight mark, ranging from 5 pounds and up to 50 pounds. To create the required level of resistance, you can use only one or more bars together. Overall, Bowflex is capable of providing resistance for 210 pounds. You can buy more sets if you want to increase the weight. Capacity can be increased by up to 310 or 410 pounds. With Bowflex you can avoid the inconvenience of having to train in front of other people while in the gym, especially if you are overweight or not in very good shape. Bowflex helps you cope with psychological discomfort, which in turn can be an important incentive to continue your physical training. For all the detailed information about this home training equipment as well as the variety of exercises and workout series you will find in the user manual, which was written by Tom Purvis, who is a registered physiotherapist, Certified Strength Conditioning Specialist, and head coach of the National Academy of Sports Medicine. Medicine.

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