# BOWFLEX POWER PRO

FOR ALL POWER PRO MODELS



# Special Edition Includes:

Dr. Ellington Darden's 6 Week Fast Fat Loss -Body Leanness Program.

# Owner's Manual Fitness Guide

# Written By: Tom Purvis,

Registered Physical Therapist, Certified Strength Conditioning Specialist, and Head Trainer for the National Academy of Sports Medicine.



# **Bowflex Power Pro Exercise Manual**

**Ellington Darden, Phd** 

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