

THE BOWFLEX SYSTEM

The Bowflex System is a complete home fitness system that provides a full-body workout in the comfort of your home. It's the only system that combines the benefits of cardio, strength training, and flexibility in one piece of equipment.



How to Use

The Bowflex System is designed to be used in a variety of ways. You can use it for cardio workouts, strength training, or a combination of both. The system is also designed to be used by people of all fitness levels, from beginners to advanced users.



SEATED LEG PRESS
This exercise targets the quadriceps and glutes. To perform, sit on the Bowflex System with your feet flat on the footplate. Push the footplate forward and up, then lower it back down. Repeat for 10-15 reps.



SEATED LEG EXTENSION
This exercise targets the quadriceps. To perform, sit on the Bowflex System with your feet flat on the footplate. Push the footplate forward, then pull it back towards your body. Repeat for 10-15 reps.



SEATED LEG CURL
This exercise targets the hamstrings. To perform, sit on the Bowflex System with your feet flat on the footplate. Pull the footplate back towards your body, then push it forward. Repeat for 10-15 reps.



SEATED CALF RAISE
This exercise targets the calves. To perform, sit on the Bowflex System with your feet flat on the footplate. Push the footplate forward and up, then lower it back down. Repeat for 10-15 reps.



SEATED TOE PRESS
This exercise targets the feet and ankles. To perform, sit on the Bowflex System with your feet flat on the footplate. Push the footplate forward and up, then lower it back down. Repeat for 10-15 reps.



SEATED TOE PULL
This exercise targets the feet and ankles. To perform, sit on the Bowflex System with your feet flat on the footplate. Pull the footplate back towards your body, then push it forward. Repeat for 10-15 reps.



STANDING LEG PRESS
This exercise targets the quadriceps and glutes. To perform, stand on the Bowflex System with your feet flat on the footplate. Push the footplate forward and up, then lower it back down. Repeat for 10-15 reps.



STANDING LEG EXTENSION
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BOWFLEX FITNESS

Bowflex Power Pro Workout Guide

RJ Alexander



Bowflex Power Pro Workout Guide:

The Bowflex Body Plan Ellington Darden, 2003-11-15 Explains how to use the popular home workout machine to create a lean muscular body using a bow and arrow principle of flexes extensions and strength exercises to create three complete programs for out of shape athletes women who need to target their hips and thighs and individuals who want to work on their abdominal muscles 30 000 first printing *Black Belt* ,2002-04 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world **Consumers Index to Product Evaluations and Information Sources** ,2004 Core Performance Mark Verstegen, Pete Williams, 2005-04-14 Core Performance is the first program that delivers strength and muscle mass endurance and a lean body balance and flexibility athletic quickness and power all in less than an hour a day How By giving you a personal coach who has worked with some of the most famous and successful athletes in the world today The intense focus on the muscles of your core abs lower back hips and thighs will help you stand taller and prevent the back pain from which most people eventually suffer The detailed nutrition section guarantees that you ll feed your muscles starve your fat and get boundless energy when you need it most This program is like nothing you ve ever seen before it enables you to totally transform your body in just 12 weeks The potential is within you and the power to unleash that potential is within Core Performance *Defensive Tactics for the Security Professional* Philip Holder, 1998-10 Defensive Tactics for the Security Professional is a unique and comprehensive reference for security professionals will teach self defense tactics and the legality of using them in various circumstances Defensive Tactics is a unique and comprehensive reference for security professionals It covers the psychological the physical and the practical aspects involved in training defensive tactics It stresses the types of situations a security professional could encounter and recommends how to handle them It draws on the author s almost 40 years of experience Philip Holder covers it all from awareness training liability issues the psychology of defensive tactics and threat reduction to applications of hand to hand combat weapons defense and defending against multiple attackers Philip Holder is one of the world s top defensive tactics authorities an executive protection expert and an internationally renowned martial arts Kung Fu Grandmaster His teaching encompasses the physical and psychological aspects of personal development His personal hands on experience gives a true sense of realism to his classes and seminars He has appeared in many of the world s top martial arts and defensive tactics magazines on television on talk radio and on videotape Highly illustrated book teaches self defense tactics from a top martial arts expert Stresses the types of situations a security professional could encounter and recommends how to handle them **Road and Track** ,1994 **Esquire** ,1993-07 Consumer Reports Consumer Reports, 2007-01-23 Now you can get the wisdom of one full year of

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