

## The Bowflex Power Pro Better Body Workout

Start by performing one set of each exercise with the resistance set on your own personal level (8-12 reps). Repeat the set once every 30 seconds, rest for 1 minute, and then repeat the entire workout. Complete all sets of each exercise before moving on to the next one. Rest 1-2 minutes between sets.

Perform the workout three times a week with at least one day of rest between each workout.



## Warming Up

Use warm-up and gentle stretching exercises and low resistance moving through the warm-up program before beginning your workout. Perform your warm-up, stretch and repeat the warm-up.

**Start it.** Perform each exercise with the resistance set on your own personal level (8-12 reps). Repeat the set once every 30 seconds, rest for 1 minute, and then repeat the entire workout. Complete all sets of each exercise before moving on to the next one. Rest 1-2 minutes between sets.

### Start Bench Press Finish



- **Start:** Curl grips up into position. Keep elbows back and out to your sides.
- **Execution:** Press straight out away from chest. Return to starting position slowly.
- **Things To Watch:** Keep the cable off of your shoulders by pressing hands up higher than your knees so if your hands were connected by a bar, keep elbows and wrists flat.

### Start Triceps Press Finish



- **Start:** Curl grips up into position. Press grips out at about a 45-degree angle, then elbows forward, then push up toward ceiling.
- **Execution:** Keep upper arm perpendicular to the pressing grips. Hand stays in elbow. Return to starting position.
- **Things To Watch:** Elbows tend to spread out and lower instead of staying up in front of your body.

### Start Resisted Ab Crouch Finish



- **Start:** Curl grips up into position. Bend knees to press. Bend elbows to press grips on shoulders. Maintain low back on bench. Push up with lower body. Return to starting position.
- **Things To Watch:** Keep lower back flat on bench. Do not let the feet go up in the air. The movement is very slight.

### Start Seated Row Finish



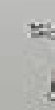
- **Start:** Sit on bench as pictured. Place feet on edge of platform. Keep back perfectly straight.
- **Execution:** Pull grips toward you by squeezing shoulder blades together then pulling with arms. Do not lean forward when returning to starting position.
- **Things To Watch:** Keep back as flat as possible when pulling grips and lean forward when returning to start. Keep back straight at all times.

### Start Low Back Row Finish



- **Start:** Sit on bench as pictured. Put arms through foot grips so that grip rests at elbow joint. Feet heels in front of chest.
- **Execution:** Sit straight up as pictured. Feet heels stay in front of hips only. Return to starting position by pulling arms up and over head.
- **Things To Watch:** Movement is very slight. Do not exaggerate the movement.

### Start Lat Pulldown Finish



- **Start:** Lay on bench as pictured. Upon up grip and, lower arms through grip to chest position. All grip heels above the elbow. Slide down the bench so if you lie on the bench, your arms are stretched out.
- **Execution:** Pull elbows down toward knees. Return to starting position.
- **Things To Watch:** Keep back flat on bench. Do not lean forward when pulling the bench.

### Start Biceps Curl Finish



- **Start:** Remove bench and stand as pictured. Grip grips with palms facing up.
- **Execution:** Keep elbows at side. Move only as far as lifting hand up towards shoulder.
- **Things To Watch:** Keep back straight & knees bent. Do not allow elbows to move forward or backward from your sides.

### Start Lateral Raise Finish



- **Start:** Remove bench and stand as pictured. Insert hand through cuff portion of grip. Cuff should rest on back of hand.
- **Execution:** Start with hands at sides. Raise hands up and out as pictured, keeping elbows slightly bent.
- **Things To Watch:** Keep back straight & knees bent. Do not allow hands to go above the shoulder. Hold your arms at 90 degrees and move only at the shoulder joint.

### Start Leg Press Finish

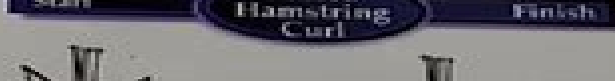


- **Start:** Place seat in low-riding position. Adjust press bar as shown in manual. Place feet on footplate.
- **Execution:** Slowly push yourself back. Do not lean. When returning to starting position, put a 90-degree angle on your knee.
- **Things To Watch:** Keep leg press bar at a 90-degree angle. You can try the lower bar as a second level for a slight variation.

### Start Calve Raise Finish



### Start Seated Hamstring Curl Finish



# Bowflex Pro Trainer Xt Manual

**J Ma**



## **Bowflex Pro Trainer Xt Manual:**

## Enjoying the Song of Phrase: An Emotional Symphony within **Bowflex Pro Trainer Xt Manual**

In a world eaten by screens and the ceaseless chatter of fast interaction, the melodic splendor and emotional symphony created by the published word often fade in to the background, eclipsed by the relentless noise and distractions that permeate our lives. But, nestled within the pages of **Bowflex Pro Trainer Xt Manual** a wonderful literary prize full of organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this captivating masterpiece conducts viewers on a mental trip, well unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths of this emotional review, we can discover the book's main harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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