



# BOWFLEX<sup>®</sup>

## BodyTower<sup>™</sup>

Squat (Single Leg)



### ■ Quads/Glutes

Stand facing away from the tower. Extend leg backward and place top of foot on back pad. Squat down until knee of rear leg is almost in contact with floor. Return to original standing position. Continue with opposite leg.

Chin Up



### ■ Biceps/Lats

Stand facing the tower. Step up and grasp the bar with an underhand, shoulder-width grip. Pull body up until elbows are at your sides. Lower body until arms and shoulders are fully extended.

Triceps Dip



### ■ Triceps/Pecs

Stand facing away from the tower. Grasp the E-Z Adjust bars and straighten arms with shoulders above hands. Keep hips straight. Lower body until upper arms are parallel to ground. Push body up until arms are straight.

Push Ups (Decline)



### ■ Pecs/Delts (Post.)

Kneel on floor facing away from the tower. Position hands on floor, slightly wider than shoulder width. Place feet on back pad. Raise body in plank position with body straight and arms extended. Keeping body straight, lower upper body to floor by bending arms. Push body up until arms are extended.

Supine Row



### ■ Lats/Delts (Ant.)

Sit facing tower, with heels braced on the tower base frame. Bend knees and grasp handgrips. Keeping heels in contact with the floor, and elbows pointed slightly outward, pull body toward bar until legs, hip and chest are straight. Return to seated position.

Raised Bridge



### ■ Hip Flexors

Lie prone (on your stomach) on floor facing away from tower. Place feet on top of pad and hands (or forearms) on floor, elbows under shoulders. Raise body upward by straightening body. Hold position. Lower body slowly.

Vertical Knee Raise



### ■ Core/Abs

Stand below sling straps. Place upper arms in straps and grasp straps above. Raise legs by flexing hips and knees until hips are fully flexed. Continue to raise knees toward shoulders by flexing waist. Return until waist, hips, and knees are extended downward.

Crunch



### ■ Core/Abs

Lie with back on floor and position feet under back pad. Cross hands across chest, or place hands behind neck or head. Curl trunk to raise upper torso from floor. Return until back of shoulders contact floor.

# **Bowflex Power Pro Workouts Guide**

**Judd E. Hollander**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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the chamber john grisham doubleday 29 95 496pp isbn 978 0 385 42472 1 the chamber in question is the gas chamber at the mississippi state penitentiary and for 69 year old sam crayhall the

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john grisham is the author of thirty novels one work of nonfiction a collection of stories and six novels for young readers product details category suspense thriller

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english in mississippi a young lawyer races against time to save his grandfather from the gas chamber the grandfather was tried three times for a ku klux klan bombing which killed two civil rights workers in 1967 he was found innocent twice but guilty the third time by the author of a time to kill access restricted item true addeddate

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the chamber in the corridors of chicago s top law firm twenty six year old adam hall stands on the brink of a brilliant legal career now he is risking it all for a death row killer and an impossible case maximum security unit mississippi state prison

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may 1 1994 the chamber 1994 is a legal thriller written by american author john grisham it is grisham s fifth novel in 1967 in greenville mississippi the office of jewish lawyer marvin kramer is bombed injuring kramer and killing his two young sons

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plot summary the chamber is the 1994 legal crime novel written by bestselling author john grisham set in contemporary mississippi with flashbacks to the 1960s the story revolves around adam hall a rising 26 year old lawyer destined for a



brilliant legal career at

*a book review of the chamber by john grisham owlcation* - Jul 19 2022

aug 14 2023 plot summary what makes a person join an organization like the ku klux klan sam cayhall s father was a member of that hate group other people in the area where he grew up were also members he fell into step as if it was the natural thing to do an old cliché is the following an acorn does not fall far from the tree

the chamber a gripping crime thriller from the sunday times - Jan 25 2023

apr 20 2010 john grisham is the author of forty seven consecutive 1 bestsellers which have been translated into nearly fifty languages his recent books include the judge s list sooley and his third jake brigance novel a time for mercy which is being developed by hbo as a limited series grisham is a two time winner of the harper lee prize for legal fiction and was