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## Owner's Manual & Fitness Guide

**BOWFLEX**  
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# Bowflex Power Pro User Guide

**Joacim Rocklöv**



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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 Brands and Their Companies ,2007 **Product Safety & Liability Reporter** ,2004 **Consumers**

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