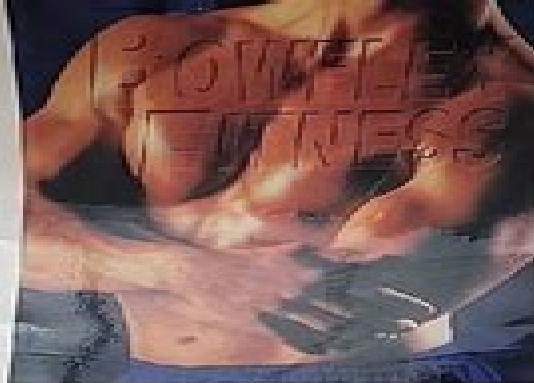


The Bowflex Power Pro Better Body Workout

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 set. 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 exercises for warming up your body before beginning your workout. Perform your warm-up, stretch and light aerobic exercise for 10 minutes.

Stretch It. Perform each of your warm-up exercises before starting your workout. It is better to stretch for a short period of time every day than to stretch only once a week. Stretching helps prevent muscle strains and injuries. Stretching also helps improve your flexibility and helps you perform better during your workout.

Start Biceps 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 arms perpendicular to the pressing grips. Do not swing or twist. 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



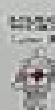
- **Start:** Curl grips up into position. Bend knees to press. Bend elbows to press grips on shoulders. Maintain a flat back on bench. Bend at hips, lean slightly forward using seat control muscles.
- **Things To Watch:** Keep lower back flat on bench at all times. Do not try to sit up at the end. The 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 chest by squeezing shoulder blades together then pulling with arms. Do not lean forward when returning to starting position.
- **Things To Watch:** Bend only at the back 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 moving at hips only. Return to starting position by not go past starting position.
- **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 as if you are resistance when arms are stretched out.
- **Execution:** Pull elbows down toward waist. Return to starting position.
- **Things To Watch:** Keep back flat on bench. Do not lean too far enough down 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 if you are 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 picture, 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° and move only at the shoulder joint.

Start Leg Press Finish

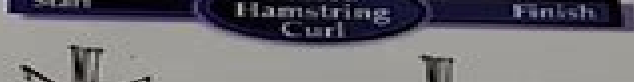


- **Start:** Place seat in low-riding position. Adjust press bar as shown in manual. Place feet as shown.
- **Execution:** Slowly push yourself back. Do not lean. When returning to starting position, put a 90° angle on your knee.
- **Things To Watch:** Keep leg press bar at waist. You can try the lower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

Start Calve Raise Finish



Start Seated Hamstring Curl Finish



Bowflex Pro Trainer Xt Manual

Krzysztof Trelski



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Bowflex Strength Training Journal Krzysztof Trelski, 2020-11-12 This is an advanced strength development training routine that could be performed in about 45 60 minutes This publication is not a fitness program of any kind It is a journal based on the Strength Training workout as found in the Owner s Manual supplied by Bowflex with your home gym **The Bowflex Body Plan** Ellington Darden, Phd, 2003-11-15 Discover the super secrets for getting the most out of the hottest home workout machine ever We ve all seen those attractive Bowflex bodies on television Well you don t have to resemble a model to achieve a Bowflex body Now you can apply the complete science behind what it takes to get that lean muscular look The course of action you re holding in your hands contains the best possible routines and practices that combined cause greater and faster results The Bowflex exercise system is based on the simple bow and arrow principle Its patented Power Rod technology flexes and extends to provide force or resistance part of your week by week workouts which focus on all major muscle groups Merge the recommended Bowflex routines with Dr Ellington Darden s guidelines on eating hydrating and resting and you ll be well on your way to getting the results you ve always wanted In addition to four fat loss meal plans you ll find complete programs for out of shape athletes women who want to reduce their hips and thighs and individuals who wish to focus on their abdominals Choose the one that s right for you depending on your age experience body type and personal goals Throughout these pages you ll be inspired by reports and photographs of real results from real people using a real Bowflex machine With a little discipline and patience you ll see your extra fat begin to vanish revealing your muscles lean lines In only six weeks a man could drop 35 pounds of fat and 5 inches from his waist A woman could lose 19 pounds of fat and 4 inches from her thighs And both can build 3 pounds of muscle Best of all you will experience strength firmness and muscular refinement as never before Elegant instructive photographs of Dr Darden s top 23 Bowflex exercises make this the ideal fitness manual for both men and women those who already use the Bowflex system as well as the many new users of this fast growing home exercise system The only authorized book on the subject The Bowflex Body Plan will help you lose fat build muscle and reshape your body fast Soon you will have the results you ve always wanted Soon you will have a Bowflex body *Bowflex 20 Minute Better Body Workout Journal* Krzysztof Trelski, 2020-11-06 This is a general conditioning body workout that could be performed in about 20 minutes with just 2 sets for each exercise This publication is not a fitness program of any kind It is a journal based on the 20 Minute Better Body Workout as found in the Owner s Manual supplied by Bowflex with your home gym *Bowflex Advanced General Conditioning Workout Journal* Krzysztof Trelski, 2020-11-04 This is a journal update based on my own workouts for a whole body workout at the advanced level based on Bowflex s Advanced General Conditioning workout It is a split system routine that works opposing muscle groups on different days This publication is not a fitness program of any kind It is a journal based on the Advanced General Conditioning as found in the Owner s Manual supplied by Bowflex with your home gym

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