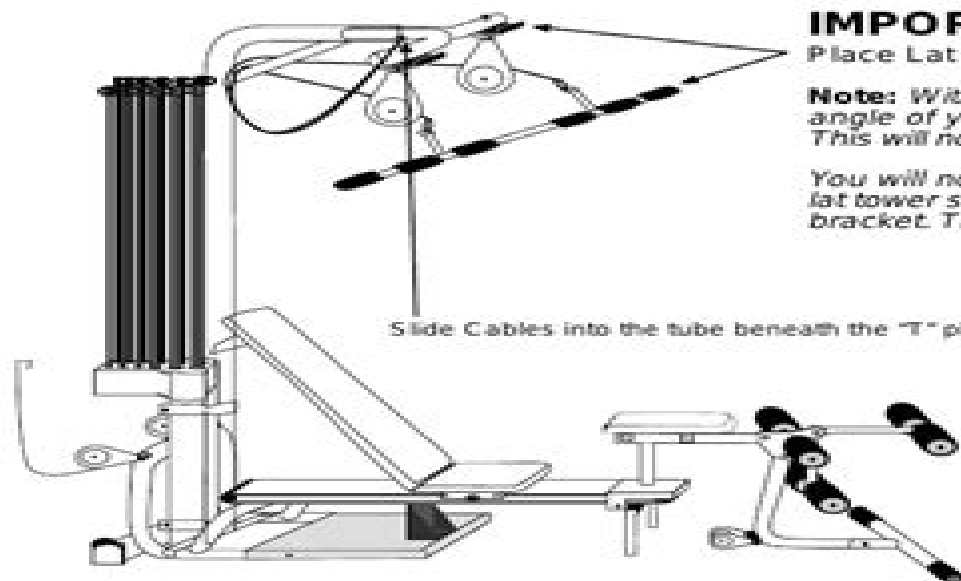


Components for this assembly
are in a box labeled
Lat Pulldown Attachment

Step 8:

Replace Bench. Insert Cables through the Pulleys and attach the end of Cable, without the Rubber Stop, to the regular Bowflex Cable by removing Hand Grips and using Snap Hooks to attach the loop end of the Cable. Do this on both sides. Hook up the 30 pound Power Rods on each side at this time.

Locate the Long Bar. Attach the Long Bar to the cables by hanging them from the Lat Pulldown Attachment with the supplied Snap Hooks.



IMPORTANT!

Place Lat Bar in Brackets when not in use.

Note: With the addition of your new lat tower, the angle of your bench at incline is slightly different. This will not change the effectiveness of the exercises.

You will note that your bench now rests against the lat tower support block and not on the incline support bracket. This is normal.

Slide Cables into the tube beneath the "T" piece when not using the lat tower.

Bowflex Power Pro Manual

Ellington Darden

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

Bowflex Power Pro Manual:

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 *Road and Track* ,1994 **Product Safety & Liability Reporter** ,2004

Forthcoming Books Rose Arny,2003 *Car and Driver* ,2005 **Standard & Poor's Register of Corporations, Directors and Executives** Standard and Poor's Corporation,1997 Includes Geographical index **The Advertising Red Books** ,2006-10 *BNA's Patent, Trademark & Copyright Journal* ,2004-05 *Microsoft Surface Pro X User Guide* Scott Brown,2019-11-20 A Quick and Easy Guide to Microsoft Surface Pro X Are you looking for a comprehensive user manual that will help you SETUP and Master your Microsoft Surface Pro X Are you looking for a manual that will expose you to all the amazing features of your device Then get your hands on this book and have an amazing time using your device The Surface Pro X offers most of the things we expect from a Surface device including a premium chassis gorgeous display and comfortable keyboard and it even last longer on a charge than the Surface Pro 7 Surface Pro X is the new 2 in 1 that will boost up the mobility factor of the Surface devices One of the highlighting features of this device is that it is being powered by a processor based on the ARM architecture There are many other factors that make up the overall goodness of the device We got a chance at handling the device and we are presenting our User Guide to help you maximize your device This book is written in simple and clear terms with a step by step approach and with tips and tricks that will help you to master your Microsoft Surface Pro X within the shortest period of time Inside you will discover Surface Setup Personalization How to Use Split Screen on Surface Pro How to easily disable adaptive contrast on Surface Pro x How to screenshot on Surface Pro without a keyboard Use Surface Pro X Signature Keyboard Get to know Surface Slim Pen Using Surface with iPhone iCloud and iTunes Get photos from your iPhone to your Surface Use Office apps on your Surface and iPhone Browse the web on your iPhone continue on your Surface Send a webpage from your iPhone to your Surface General cleaning recommendations How to adjust settings for Studio Mics on Surface Surface sound volume and audio accessories And so much more Add this book to your library Now [Q-Pro User Manual](#) ,198?

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