



# 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 Xtl Exercise Chart Manual

**Tao Wei**



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