

Pulldowns — Shoulder Adduction (with elbow flexion)

Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

Bench Position:

Flat Bench Forward

Accessory:

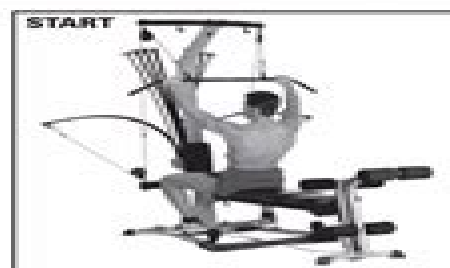
Bent Lat Bar

Pulleys:

Lat Tower

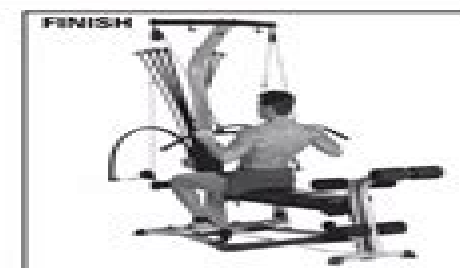
Success Tips

- Keep your knees bent and feet flat on the floor.
- To determine the appropriate grip width for you, hold your arms straight out to your sides at shoulder height. Bend your elbows approximately 90°. Hands should be no wider apart than your elbows (beginners may narrow their grip to increase comfort).
- Keep your spine aligned, abs tight, and a slight arch in your lower back.



Start

- Grasp the Bent Lat Bar using the wide grip determined by following the directions in the Success Tips, then sit on the bench and face the Power Rod® unit.
- Position your thighs directly under the Lat Tower Pulleys.
- Sit upright.
- Keep your arms extended and straight.



Action

- Initiate movement by pulling shoulder movement together while simultaneously drawing elbows down and inward.
- Bent Lat Bar may not touch your chest. At the end of the motion, arms should be near your sides and shoulder blades fully depressed.
- Keep forearms facing upward.
- Slowly return to Start position.

Narrow Pulldowns with Handgrips — Shoulder Extension (with elbow flexion)

Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

Bench Position:

Flat Bench Forward

Accessory:

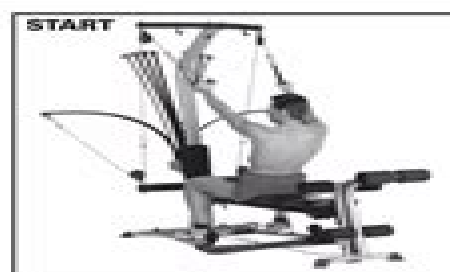
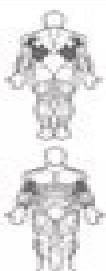
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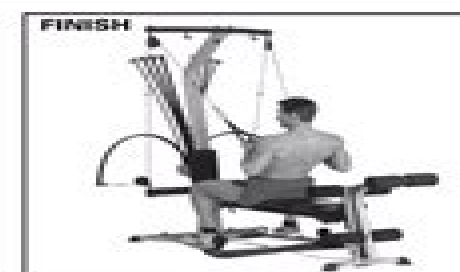
Success Tips

- Keep your chest lifted, abs tight, and a very slight arch in your lower back.
- Keep your knees bent and feet flat on the floor.
- Keep the lats tightened throughout the entire motion.



Start

- Attach a Handgrip to each cable on the Lat Tower Pulleys.
- Straddle the bench, facing the Power Rod® unit.
- Grasp a Handgrip in each hand, palms facing each other, and sit down on the bench.
- Position your thighs directly under the Lat Tower Pulleys.
- Sit upright.



Action

- Keep your hands at shoulder width, arms straight. Initiate movement by pulling your shoulder blades down and together while simultaneously bending your elbows, drawing them down and inward toward your sides.
- At the end of the motion, arms should be near your sides, shoulder blades depressed, and forearms facing upward.

Bowflex Blaze Exercise Manual

Dale L. Roberts

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.

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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 Treliński, 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 Method of Strength Training Krzysztof Treliński, 2021-03-24 This book gives you the whole body strength training method based on the newest findings in bodybuilding and nutrition It is also based on the philosophy that the workout should be short but provide maximum benefits

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between 1909 and 1915 nekrasov was a member of the kadets central committee where he was

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