



Parts used in
STEP 3



STEP 3 - Cover Cap Installation

- a. Remove the 2 (M6 x 20mm) Phillips Screws from the Top Cover Cap for the Perforated Cover with the Phillips Screwdriver provided, and separate the front & rear sections.

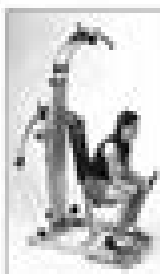
Note: The Cover Cap with the Bowflex™ Logo goes on the top front.

- b. Place the Top Cover Cap on by sliding the groove in it over the edge of the Perforated Cover. You may need to tap it into place. Set the rear of the Top Cover Cap in place. Secure the two together using the 2 (M6 x 20mm) Phillips Screws you just removed in Step 3a and inserting them back into the 2 center holes. Secure the Rear Cover Cap to the Frame with 2 (M6 x 20mm) Phillips Screws, inserting into the 2 outer holes. Tighten the bolts using the Phillips Screwdriver provided.

- c. Repeat item a and b for the Bottom Cover Cap.



Muscle groups exercised: Forearm flexor
cups, or pronator. Biceps.



E12 SEATED WRIST CURL

Start: Sit facing away. Lean forward and rest forearms on knee thighs. Grip handles in overhand grip with palms facing up and wrists extended.

Motion: Flex wrists and curl handles toward forearms. Pause at top of motion. Extend wrists to starting position.

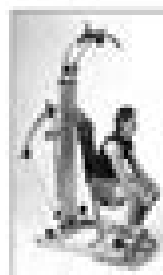
Tip: Lean forward with straight back. Do not round upper or lower spine. Avoid bending elbows or fling forearms while flexing wrists. Contract abdominals to stabilize torso.

Start: On Back Position

Set Up: On

Arm/Hand: Flexion

Muscle Group: Forearm



Muscle groups exercised: Forearm extensor
cups, or pronator. Biceps.



E13 SEATED REVERSE WRIST CURL

Start: Sit facing away. Lean forward and rest forearms on knee thighs. Grip handles in overhand grip with palms facing down and wrists flexed.

Motion: Extend wrists and curl handles toward forearms. Pause at top of motion. Flex wrists to starting position.

Tip: Lean forward with straight back. Do not round upper or lower spine. Avoid bending elbows or fling forearms while extending wrists. Contract abdominals to stabilize torso.

Start: On Back Position

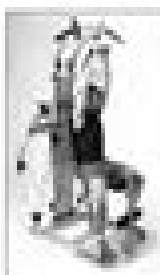
Set Up: On

Arm/Hand: Flexion

Muscle Group: Forearm



Muscle groups exercised: Triceps
cups, or pronator. Biceps.



E14 SEATED OVERHEAD TRICEPS EXTENSION

Start: Sit facing away. Grip handles behind head. Point elbows back at shoulder height.

Motion: Extend elbows and press handles overhead. Pause at top of motion. Bend elbows back to starting position.

Tip: Keep elbows in start position throughout exercise. Do not open elbows to sides. Keep wrists straight. Maintain upright posture in seated position. Contract abdominals to stabilize torso.

Start: On Back Position

Set Up: On

Arm/Hand: Flexion

Muscle Group: Forearm



Bioforce Hrv Exercise Manual

Rachel Sandford



Bioforce Hrv Exercise Manual:

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