Exercises

Shoulder Exercises

Scapular Retraction

Muscles Worked

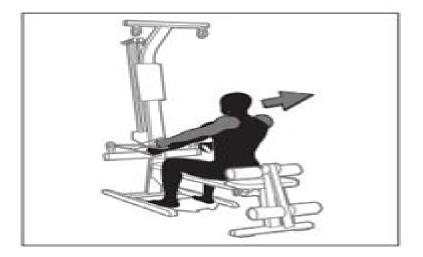
Middle Trapezius, Rhomboids

Machine Set-Up

- · Adjust to Flat Bench position.
- Chest Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

Success Tips

- Do not lose your spinal alignment.
- Keep your chest lifted.
- Keep your knees bent and your feet flat on the floor.
- Keep your spine aligned and a slight arch in your lower back.
- Do not use your arm muscles for this movement.



Back Exercises

Narrow Pulldowns

Muscles Worked

Latissimus Dorsi, Teres Major, Rear Deltoids, Biceps

Machine Set-Up

- Adjust to Flat Bench position.
- Top Cross Bar pulleys
- Hamdorine
- Attach the clips to the Power Rod® resistance rods.

Success Tips

- Keep your knees bent and your feet flat on the floor.
- Keep your spine aligned, abs tight and a slight arch in your lower back.
- Keep your lats tight ened throughout the exercise.
- Release your shoulder blades at the top of each rep.
- Initiate each new rep by depressing your shoulder blades.



Bowflex Classic Exercise Manual

SA Adler

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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 Forbes Bertie Charles Forbes, 2007-04 This business magazine covers domestic and ForbesLife ,2007-04 body international business topics Special issues include Annual Report on American Industry Forbes 500 Stock Bargains and Special Report on Multinationals Journal of Physical Education, Recreation & Dance ,1989 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 Bowflex Strength Training Journal Krzysztof Trelski, 2020-11-12 This is an advanced strength development training gym 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

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