



BOWFLEX[®]

BodyTower[™]

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 Exercises Manual

Krzysztof Trelski

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

Bowflex Xtl Exercises Manual:

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 General Conditioning Workout Journal Krzysztof Treliński, 2020-11-04 This is a journal update based on my own workouts for a whole body workout at the advanced level based on Bowflex's Advanced General Conditioning workout It is a split system routine that works opposing muscle groups on different days This publication is not a fitness program of any kind It is a journal based on the Advanced General Conditioning as found in the Owner's Manual supplied by Bowflex with your home gym

Bowflex Strength Training Journal Krzysztof Treliński, 2020-11-12 This is an advanced strength development training 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

Bowflex 20 Minute Upper / Lower

Body Workout Journal Krzysztof Trelski, 2020-11-10 This is a quick workout that could be performed in about 20 minutes It combines muscle conditioning with some cardiovascular benefits This publication is not a fitness program of any kind It is a journal based on the 20 Minute Upper Lower Body workout as found in the Owner s Manual supplied by Bowflex with your home gym

Bowflex Beginner's Workout Journal Krzysztof Trelski, 2020-11-07 This is a journal for a whole body workout at the beginner level based on the Bowflex s Beginner s Workout This publication is not a fitness program of any kind It is a journal based on the Beginner s Workout as seen on the poster supplied by Bowflex with your home gym

CrossFit Guide for Beginners Markus A. Kassel, 2015 The No Nonsense Guide to Start Training CrossFit on the Right Foot Are you fed up with going to the gym pushing weights and riding the darn elliptical You need a breath of fresh air and thought maybe CrossFit was the key You heard it was a great training method both extremely efficient and fun but you have no idea where to even begin If you re in this situation this manual was made for you In these pages we will see together Why CrossFit is such an effective sport for losing weight building muscle and developing your athleticism The equipment you will need and how to train with nothing but your bodyweight if you don t have access to a CrossFit club The different techniques you will have to learn and how to perform each and every one of them The best WODs to get your feet wet and how to progress to the harder variations And so much more Don t Waste Another Minute Give Your Body the Workout It Deserves Scroll back up click the BUY NOW button and claim your copy If you re serious about learning how to do CrossFit and take your speed and power to a whole new level you owe it to yourself to read this book

The Core Workout Joanne Elphinston, Paul Pook, 1999

Wild Workout Powerflex Workbook The Forysteks, 2012 The Wild Workout delivers the ultimate in physical fitness dynamic good health and a perfectly sculpted body The Forysteks teach the exact exercises and techniques they personally use to be the amazing specimens and champions that are pictured throughout the exercises in this health and fitness workout manual

Swiss Ball for Total Fitness James Milligan, 2005 Because it s so effective and easy to use even at home the Swiss ball has become an essential part of a total fitness regime especially in tandem with free weights and a medicine ball These exercises from beginner to advanced will help you utilize its full potential for building core strength and more as they work the muscles in the midsection chest back shoulders arms and legs

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