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Summary of Contents for Bowflex

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Power Pro Page 1 OWFLEX® OWNER  
RO® FOR ALL POWER PRO  
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Page 24 exercise emphasizes the  
back portion of the shoulder muscles

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(the rear deltoids, as well as the rear portion of the middle deltoids). Starting position: •Sit on the bench facing the Power Rods 90 degree angle to your torso. •Lift your chest and pinch your shoulder blades together.

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## **Manual**

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Bowflex XTL Power Pro Assembly  
Instructions. Before you begin, you will



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need a 9/16" wrench, a 7/16" wrench, a 1/2" open end wrench, a crescentwrench (to hold the bolt while tightening with other), a rubber mallet (for step #5) and a phillips headv (+) screw driver. Please follow these assembly instructions carefully.

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the Power Rods when you are not using your Bowflex. Use the rod binding strap included with your machine to bind all the rods together at the top.

**BOWFLEX OWER PRO - Nautilus,  
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Bowflex Workout Routines for Legs.  
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hamstrings (back of your thighs), the squat brings in the glutes (buttocks) and the calf raise strengthens your calves.

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L x 6'6" W(2.6 m x 2 m) of free space

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