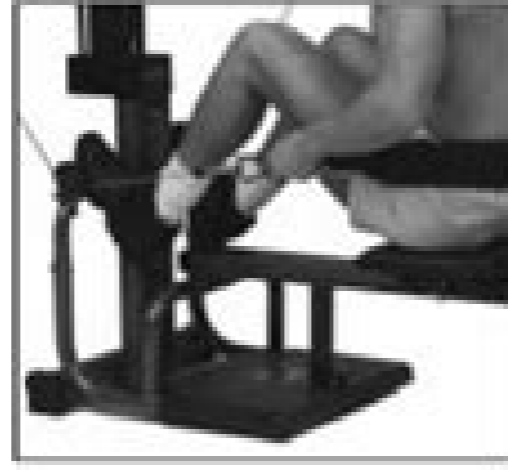
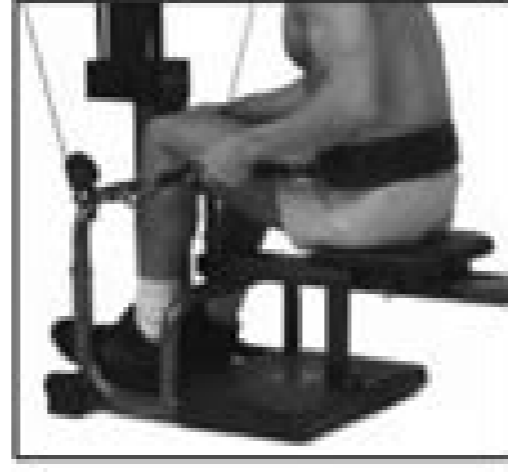
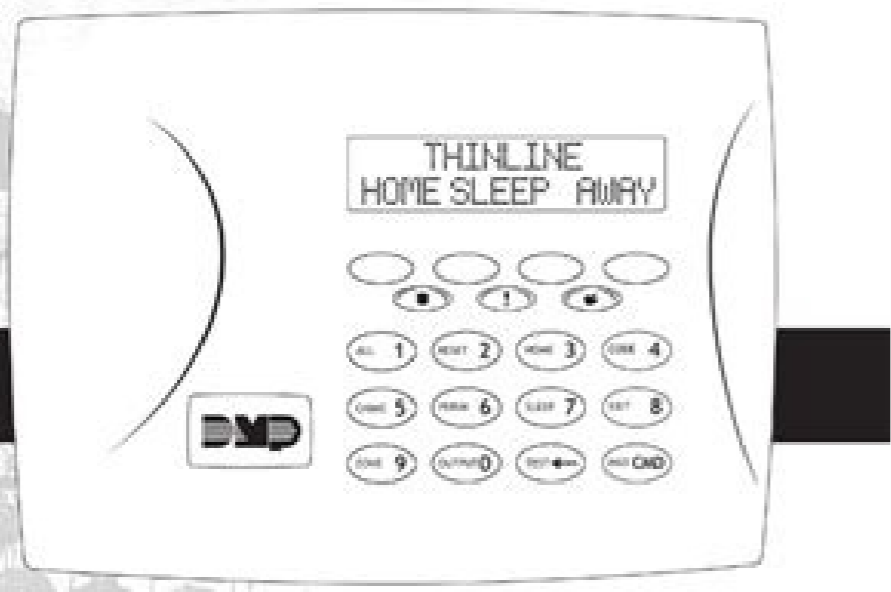


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Bowflex XTL is one of the best home fitness equipment in the market, which in contrast to traditional home training apparatus is not based on lifting free weights, but it is constructed on the basis of the advanced Power Rod resistance technology, which offers resistance from elongated bending rods which stretch up from the back frame of the apparatus. It is very easy to start doing an exercise and slowly but surely it becomes more difficult to do it as the rod tension grows. This home training apparatus is as good as it is comfortable. It can be used by everybody, men, women and children. The Bowflex XTL stands out for its efficiency, safety, and easiness of using, folding and moving to any place even on the second or higher floor. With the Bowflex XTL you can work out each muscle group separately, you can perform a wide variety of exercises for chest, shoulders, arms and legs, back and abdomen. With its simple design the fitness machine looks very fine. The Bowflex needs the space about 83.5 inches high, 92 inches long and 23 inches wide. The bending Power Rods are made of special material and covered with a protective rubber coating. Each Power Rod has a special "weight" mark, starting from 5 pounds and up to 50 pounds. For you to create the needed level of resistance you can use only one rod or several ones combined. On the whole the Bowflex is able to supply resistance of 210 pounds. You can buy more sets if you wish to increase "weight". It is possible to upgrade the capacity up to 310 or 410 pounds. With the Bowflex you can avoid the inconvenience of having to train in front of other people when in the gym, especially if you are overweight or not in a very good shape. The Bowflex can help you to cope with psychological discomfort which in its turn may be an important incentive for the continuation of your physical training. All the detailed information regarding this home training equipment as well as various types of exercises and workout series you can find in the owner's manual which was written by Tom Purvis, who is a Registered Physical Therapist, Certified Strength Conditioning Specialist, and Head Trainer for the National Academy of Sports Medicine. You're Reading a Free Preview Pages 8 to 30 are not shown in this preview. You're Reading a Free Preview Page 37 is not shown in this preview. You're Reading a Free Preview Pages 41 to 45 are not shown in this preview. You're Reading a Free Preview Pages 49 to 52 are not shown in this preview. You're Reading a Free Preview Pages 61 to 76 are not shown in this preview. Woman sitting on an exercise machine Image Credit: DAJ/amana images/Getty Images Nautilus, a fitness equipment company, owns the brand Bowflex, which achieved success in the late 1990s through aggressive direct marketing campaigns. First developed by Ethiopian immigrant Tessema Doshu Shifferaw, Bowflex has been a recognized name in home fitness equipment for 25 years. The Power Pro line of home gyms played a major role in its success. However, Nautilus recalled the XTL series in 2004 due to safety issues. Features The Bowflex Power Pro XTL is a home gym that relies on a patented system of pulleys and power rods to provide varying levels of resistance. It provides a weight-training workout similar to what you get from using free weights. It consists of various attachments, which allow you to perform a variety of exercises. The Power Pro XTL features a leg-extension attachment, chest bar, lat pulldown, squat attachment and foot harness. Backboard Bench Safety Issue Nautilus cooperated with the U.S. Consumer Product Safety Commission and issued a recall of the Bowflex Power Pro XTL in January 2004. When being used in an incline position, the machine's backboard bench can collapse unexpectedly and break, causing injury. Nautilus and the CPSC received 70 reports of the backboard bench breaking, leading to at least 59 neck back and shoulder injuries. The recalled machines were made in China, Taiwan and the U.S.A. Lat Tower Safety Issues The lat tower on the Bowflex Power Pro XTL poses an injury risk as well. When being used, the lat tower can rotate forward and fall on your head, neck or shoulder area. Nautilus received at least 14 reports of neck, shoulder, nose, head and tooth injuries. Most of the injuries were minor but some required stitches, according to a Nautilus press release. The lat tower attaches to the back of the seat bench and features pull-down pulleys to create resistance. Repair Kits Infomercials and retail stores sold the machines from January 1995 to December 2003. You can still find the Bowflex Power Pro XTL used at second-hand dealers and websites. Following the recall, Nautilus sent free repair kits to consumers who owned the recalled machines. The kits contained a steel bar to reinforce the bench and a steel bracket to provide support for the lat tower. Pages: 1 2 3 4 5 6 7 ... 27 Download Complain wrong Brand wrong Model non readable Before you begin, you will 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 head(+)

screw driver. Please follow these assembly instructions carefully. If you experience any difficulty, please call a Bowflex customer service representative and ask for assistance. 1-800-269-3539. Bowflex XTL Power Pro Table of Content Bowflex Power Pro Part Reference and Size Guide PowerPro Reference Guide Assembly Instructions Leg Extension Attachment Part Reference and Size Guide Assembly Instructions Chest Bar Attachment Assembly Instructions Lat Pulldown Attachment Part Reference and Size Guide Assembly Instructions Squat Attachment Assembly Instructions Exercise Instructions Foot Harness Attachment Assembly Instructions Additional Power Rods Assembly Instructions Bowflex XTL Power Pro Assembly Instructions Before you begin, you will need a 9/16" wrench, a 7/16" wrench, a 1/2" open end wrench, a crescent wrench (to hold the bolt while tightening with other), a rubber mallet (for step #5) and a phillips head (+) screw driver. Please follow these assembly instructions carefully. If you experience any difficulty, please call a Bowflex customer service representative and ask for assistance. 1-800-269-3539. Bowflex Power Pro Parts Reference Guide Step 1: Locate the Rear Leg and Seat Rail. 1a. Take two 3/8" x 3/4" square head bolts and place them through holes on the Rear Leg Bolt Keeper. Take that assembly and slide it into the Seat Rail channel, starting on the end closest to the warning label. Make sure to line up the end of the bolt keeper with the end of the rail. Repeat for the other bolt keeper. Once you have both bolt keepers in place, install the Rear Leg - place four 3/8" washers and tighten a 3/8" nylon locknut on to each of the bolts. Please use caution when inserting the bolt keeper. Edges may be sharp. 1b. Next, take two 3/8" x 3/4" square head bolts and slide one into each side of the Seat Rail channel from the opposite end. Locate the Riser Bracket and attach it to the Seat Rail with the two square head bolts. Wait to tighten bolts with a wrench until after Step 1c. 1c. Now, locate the bolt keeper for the pivot bracket and two 3/8" x 3/4" square head bolts. Install the bolts into the bolt keeper. Slide them into the Seat Rail Channel making sure the keeper is flush with the end of the Seat Rail. Repeat for the other bolt keeper. Locate the Pivot Bracket and Pulley Frame. Snap the Pivot Bracket between the screw heads on the Pulley Frame. Install the rail so the four bolts at the front of the rail slide through the four holes in the pivot bracket. Use 3/8" washers and 3/8" nylon lock nuts to secure the rail. IMPORTANT: Place Seat Rail so that the end of the rail is flush with the edge of the Pivot Bracket. Connect the bottom of the Riser Bracket to the standing platform with the 1" Knob. See example 1c. Readmore and Download Bowflex XTL User Manual on PDF Below Title : Bowflex XTL User Manual on PDF Below Format : PDF Pages : Pages Language : English File Size : 5 MB

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