

THE BOWFLEX SYSTEM

The Bowflex System is a complete home fitness system that provides a full-body workout in the comfort of your home. It's the only system that combines the benefits of cardio, strength training, and flexibility in one piece of equipment.



How to Use

The Bowflex System is designed to be used in a variety of ways. You can use it for cardio workouts, strength training, or a combination of both. The system is also designed to be used by people of all fitness levels, from beginners to advanced users.



Seated Leg Exercise
This exercise targets the quadriceps and hamstrings. Sit on the floor with your legs extended in front of you. Loop the Bowflex band around your feet and pull the ends towards your knees, keeping your feet flat on the floor.



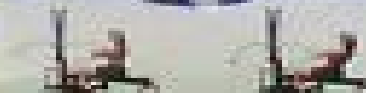
Standing Leg Exercise
This exercise targets the quadriceps and hamstrings. Stand on the floor with your feet shoulder-width apart. Loop the Bowflex band around your feet and pull the ends towards your knees, keeping your feet flat on the floor.



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BOWFLEX FITNESS

Pro Power Exercise Guide

Richard Bailey

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

Pro Power Exercise Guide:

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