

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 PRESS
This exercise targets the quadriceps and glutes. Sit on the Bowflex System with your feet flat on the footplate. Push the footplate forward and up, then lower it back down. Repeat for 10-15 reps.



SEATED LEG EXTENSION
This exercise targets the quadriceps. Sit on the Bowflex System with your feet flat on the footplate. Push the footplate forward, then pull it back. Repeat for 10-15 reps.



SEATED CALF RAISE
This exercise targets the calves. Sit on the Bowflex System with your feet flat on the footplate. Push the footplate forward and up, then lower it back down. Repeat for 10-15 reps.



SEATED HAMSTRING CURL
This exercise targets the hamstrings. Sit on the Bowflex System with your feet flat on the footplate. Pull the footplate back towards your chest, then push it forward. Repeat for 10-15 reps.



SEATED HIP FLEXOR
This exercise targets the hip flexors. Sit on the Bowflex System with your feet flat on the footplate. Pull the footplate back towards your chest, then push it forward. Repeat for 10-15 reps.



SEATED GLUTE BRIDGE
This exercise targets the glutes. Sit on the Bowflex System with your feet flat on the footplate. Push the footplate forward and up, then lower it back down. Repeat for 10-15 reps.



STANDING LEG PRESS
This exercise targets the quadriceps and glutes. Stand on the Bowflex System with your feet flat on the footplate. Push the footplate forward and up, then lower it back down. Repeat for 10-15 reps.



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BOWFLEX FITNESS

Pro Power Exercise Guide

J Spring



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