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General Mills Honey Nut Clusters, General Mills Basic 4 1/2 C. skim milk (45) 3/4 C. orange juice (82) Noncaloric beverage. Shake (choice of one shake) Place ingredients in blender.

The Bowflex Ultimate Home Gym Owner's Manual
The Bowflex Ultimate 2 and Fitness Guide Bowflex Ultimate 2 Owner's Manual And Fitness Manual 45 pages Summary of Contents for Bowflex Ultimate 2 Page 1 Special Edition Includes: Dr. Ellington Darden's Six Week Fast Fat Loss Body Leanness Program The Bowflex Ultimate® Owner's Manual and Fitness Guide (Shown with optional accessories)

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Your Bowflex Ultimate®2 home gym has four different bench positions. To adjust the bench, simply locate the spring lock pin on the side of the seat. Pull out pin to release seat, then slide it to the desired position. Pull out pin, give it half a turn, and release to place it in a "free sliding" position for exercises such as rowing.

The Bowflex Ultimate 2 and Fitness Guide

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1) Hook the Leg Extension to the Seat Rail Support 2) Hook the Leg Extension Seat to the Leg Extension 3) Place the Bench on the Seat Rail. Using the Bowflex Ultimate. ®2 Leg Extension/Leg Curl Attachment. This attachment is specifically designed to give added support for working the biceps.

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your commitment to improving your health and fitness! With the Bowflex Xtreme®SE home gym, you have everything you need to exceed all of your physical fitness, strength, and health expectations!

The Bowflex Xtreme SE Home Gym Owners Manual and Fitness Guide

• • Maximum user weight for the Bowflex® Ultimate home gym is 300 pounds (136 kg). For your safety, do not use or allow others to use the Bowflex® Ultimate pounds (136 kg). • Allow a workout area of at least 7' x 9' (2.1 m x 2.7 m) of free space for safe operation of the Bowflex®... Page 4: Getting To Know Your Machine

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Bowflex Sport® home gym. • Keep your body weight centered on the machine, seat, or base frame platform while exercising. • When using the Bowflex Sport® home gym for standing leg exercises, always grasp the Lat Tower on your machine for stability. • Keep out of the path of the Power Rod® unit when

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