

Bowflex Xtl Workout Manual Download

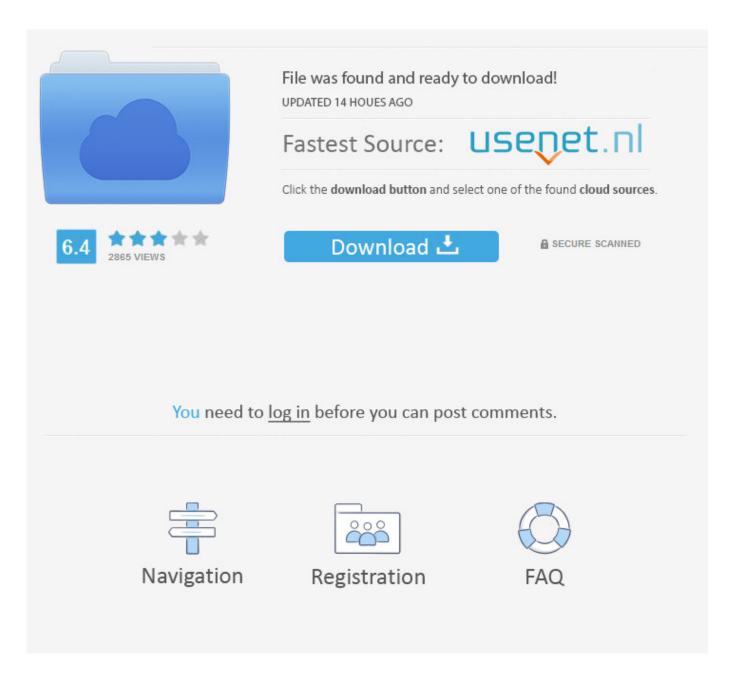
Exercise Log

Please feel free to make copies of this chart to continue your exercise log.

EXERCISE		DATE	DATE	DATE	DATE	DATE	DATE
Bench	Sets	2					
	Reps	10, 9					
	Resistance	120, 130					
	Sets						1
	Reps						
	Resistance			1			
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	Resistance			+			
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And to make it even easier for you, we've made a printable routine for bowflex that you can download for free and print out: Free Workout Routine Download Free Workout Routine for Bowflex.

- 1. bowflex workout manual
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bowflex workout manual

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	Resistance	120, 130					
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	Sets			+		1	1
	Reps			+		+	+
	Resistance					-	+
	nosistance						1

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