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Bowflex xtl user guide | livestrong.com

Mar 28, 2011 The Bowflex XTL is the fully upgraded model of the Bowflex Power Pro and includes the additional leg Bowflex Power Pro Owner's Manual and Fitness Guide

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the Bowflex Power Pro XL, XTL and Bowflex" and the model name are printed on the front of the machine. The machine has 10 to 14 resistance rods that extend

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Sep 17, 2013 Bowflex Power Rods- How to replace Bowflex 310-Pound Rod Upgrade Bowflex home gyms are widely held full-body exercise machines.

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