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Mar 22, 2011 The Bowflex XTL home gym unit features an upper and lower cable pulley system and an adjustable bench. Each Bowflex XTL comes with 310 lbs. of resistance

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### **Bowflex xtl user guide | livestrong.com**

Mar 28, 2011 Workouts. The fitness manual included with the Bowflex XTL outlines eight different workouts, and also advises you on how to create your own custom program

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### **Bowflex xtl blows other away - read expert review**

Summary: The Bowflex XTL is a member of the Bowflex family of home exercise systems. The Bowflex systems use a series of composite plastic (maybe fiberglass rods

### **Bowflex xtl - for those of you who use the**

Here is a link to the manuals, both operations/exercise manual and operations manual for anyone with a Bowflex XTL. If anyone needs help with the recall kit, let me

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