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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

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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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Oct 18, 2007 Where can I find the Owner's Manual for the Bowflex XTL online? Where I can find on the internet a manual of exercises for my bowflex XTL? More questions.

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

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