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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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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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