## BOWFLEX POWER PRO

FOR ALL POWER PRO MODELS



## Special Edition Includes:

Dr. Ellington Darden's 6 Week Fast Fat Loss -Body Leanness Program.

## Owner's Manual Fitness Guide

## Written By: Tom Purvis,

Registered Physical Therapist, Certified Strength Conditioning Specialist, and Head Trainer for the National Academy of Sports Medicine.



## **Instruction Manual For Bow Flex Xtl**

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