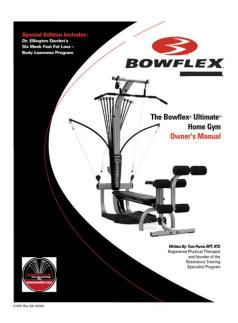
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Step 19 CALIBRATION PROCESS TC3000 and TC5000 onlyPage 28 Assembly GuidePage 31 Warranty. What Does This Warranty Cover Page 32 Warranty. Warranty Does Not CoverNautilus,. Page 35 Getting Started. Before You StartPage 37 Getting StartedTC5000 Features. TC5000 Displays. Page 40 Getting Started. Remote Heart Module TC5000 Only. The Remote Heart Module and Heart Rate Transmitter are features on the. TC5000. Page 41 Getting Started. Information About Heart Rate Calculations. Your maximum heart rate generally declines with age from about 220 Beats Per. Page 42 Getting Started. TC3000 FeaturesPage 43 Getting Started. Setting English or Metric Measurement Units TC3000 and TC5000. You can configure the TC5000 and TC3000 Consoles to. Page 44 Getting Started. Walking Belt Adjustment. If either of the walking belts seem to be tracking excessively to one side or. Page 45 Workout Instructions. Determining Your Fitness Level. Endurance is an important way to determine your fitness level. Before you begin exercising. Page 46 Workout Instructions. Test 2. Page 47 Workout Instructions. Treadmill Workout. Treadles. Page 48 Workout Instructions. Starting a Treadmill Workout TC3000 and TC5000. Page 49 Workout Instructions. StairStepper Workout. Starting a StairStepper Workout TC3000 and TC5000. Page 50 Workout InstructionsStarting belt speed is 0.7 MPH 1.1 KPH.Page 53 Workout InstructionsPage 55 Body Leanness ProgramEating Guidelines Superhydration aids fat loss in a number of ways. Page 57 Body Leanness Program. Page 58 Body Leanness ProgramPage 59 Body Leanness Program.

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Take that assembly and slide it into the Seat Rail channel, starting on the end closest to the warning label. Make sure to line up the end of the bolt keeper with the end of the rail. Repeat for the other bolt keeper. Please use caution when inserting the bolt keeper. Edges may be sharp. Locate the Riser Bracket and attach it to the Seat Rail with the two square head bolts. Wait to tighten bolts with a wrench until after Step 1c. Install the bolts into the bolt keeper. Slide them into the Seat Rail Channel making sure the keeper is flush with the end of the Seat Rail. Locate the Pivot Bracket and Pulley Frame. Snap the Pivot Bracket between the screw heads on the Pulley Frame. Install the rail so the four bolts at the front of the rail slide through the four holes in the pivot bracket. See example 1c. Youll find the answers to all your questions on the BOWFLEX POWER PRO in the user manual information, specifications, safety advice, size, accessories, etc.. Detailed instructions for use are in the User's Guide. User manual BOWFLEX POWER PRO User guide BOWFLEX POWER PRO Operating instructions BOWFLEX POWER PRO Instructions for use BOWFLEX POWER PRO Instruction manual BOWFLEX POWER PRO Your user manual BOWFLEX POWER PRO Page 2 Powered by TCPDF www.tcpdf.org Ma Thank you, for helping us keep this platform clean. The editors will have a look at it as soon as possible. Follow these tips to use your Bowflex to the greatest advantage. Spend time familiarizing yourself with how the machine works. Sit on it, fiddle with the controls and dont proceed until youre comfortable with using and properly operating the system. This level of resistance will vary from person to person, so youll need to experiment a little. If you dont get enough resistance or dont perform enough reps, you wont push your muscles to their limit. Therefore, you wont encourage any new muscle growth.

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If you have too much resistance or too many reps, your muscles will fail from lack of oxygen and you still wont encourage any new muscle growth. Jerking, bumping or bouncing movements put you at

risk of injury. Perform each exercise until your muscles are burning and you can no longer do any more repetitions. Stagger your workouts a little; work one muscle group on one day, then allow it to rest the next day while you work another muscle group. If you dont allow your muscles time to recover after a workout, then you risk overworking them and damaging them by overtraining. Many Bowflex users choose a Monday, Wednesday and Friday schedule. If youre new to the Bowflex, using it may fatigue your muscles more and you may need to give yourself the full four days recovery period before working out on the Bowflex again. Always workout your lower body before moving on to your upper body. In the lower body, work out your thighs, calves and upper waist in that order. In the upper body, work out your chest, back, shoulders, biceps and triceps in that order. Continue to perform the same number of repetitions, but gradually increase the resistance so that youre experiencing muscle fatigue at the end of your workouts. FITDAY is a registered service mark of MH Sub I, LLC dba Internet Brands. Depression, ADHD, memory loss, agitation These may seem like inevitable byproducts of modern lives spent multitasking, not getting enough sleep, and operating on digital overload. But while much of the brain's work still remains a mystery, a growing body of scientific evidence suggests that the food you eat directly affects how well your brain functions. Brain health also pl.The guests range from super celebs Jamie Foxx, Arnold Schwarzenegger, etc. and athletes icons of powerlifting, gymnastics, surfing, etc. to legendary Special Operations commanders and blackmarket biochemists. For most of my guests, it's the first time they. Bowflex Xtl Owners Manual from facebook. Bowflex Xtl Owners Manual.

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Reach you right hand behind your back and grasp your right ankle, pull it gently toward your buttocks until you feel tension along the front of your thigh. Repeat on the other side. Slide both hands toward the proppedup ankle as far as is comfortable. Repeat on other side. Features and UseFeatures and UseConnecting the Power. You may use one rod orTo hook multiple rods up to one cable, bend the closest rodYou can then hook up the next closest rod through the sameHooking up the closest rod first prevents rods from crossingSafetyStay off toWhen You Are Not Using Your Home GymUse the rod binding strap includedFeatures and Use. The Workout BenchRelease the 45 Incline to secure the seat. Make sureDo not make any adjustments to the seat while sitting on it. Do not stand on the seat. Removing the Bench.

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