

Bowflex Ultimate Manual Fitness Guide

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1.5 oz. (42 grams) serving equals approximately 165 calories. Choice of one: Kellogg's Low Fat Granola (without raisins), General Mills Honey Nut Clusters, General Mills Basic 4 1/2 C. skim milk (45) 3/4 C. orange juice (82) Noncaloric beverage. Shake (choice of one shake) Place ingredients in blender.

The Bowflex Ultimate Home Gym Owner's Manual

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The Bowflex Ultimate 2 and Fitness Guide

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your body will get with the Bowflex® Xtreme®2 home gym! In this Owner's Manual you'll find powerful body-building exercises, leanness-enhancing workouts and a Fast Fat Loss eating program customized to give you extreme results! Please take your time to read through the entire manual before attempting to use your Bowflex® Xtreme®2 home gym. You

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