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for a fully body  
workout 210 lbs. of  
Power Rod®  
resistance,  
upgradable to 310  
lbs. or 410 lbs. ,  
Bowflex , ® provides  
7

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Workout by Bowflex

2 years ago 2

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seconds 288,639

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PR1000 , 20 Minute

Workout features 9  
different exercises,  
giving you a full-  
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utilizing , Bowflex ,  
power rod ...

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machines, the ,  
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home gym , and  
what things I'd

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back and do it all  
again. Please note  
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if getting a , Bowflex

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workout system is a

good idea or worth

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minutes, 39

seconds 7,864,760

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and eight minutes is  
all you need to  
complete this  
awesome ab  
workout! These four  
exercises can be  
done with

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\u0026 Motors 8

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minutes, 29

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work out with free

weights and I

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bowflex , isn't as

good. I picked up

this machine as

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inexpensive 2x 50lb

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by Danny Chen 7

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EXT3RM1NAT0R  
303 8 months ago  
12 minutes, 20

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seconds 17,055

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views Update: Thu,

Nov 19 2020, I will

remake this video

some time in 2021! I

had actually just

started working out

on the , bowflex , xtl

not ...

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