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here is your 6 week bowflex home workout plan 20 minute workouts each day involving both strength and cardio to keep you healthy and happy during these challenging times you will repeat these workouts each week for six weeks giving you time to both learn the exercises and see improvements

the ultimate bowflex workout routine 15 exercises Mar 23 2024

a full body bowflex workout the workout below is prepared in a two day full body split each day is repeated twice each week for example you do workout 1 on monday workout 2 on tuesday workout 1 on thursday and workout 2 on friday this leaves you the weekend and wednesday as rest days

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bowflex workout guide strength workout we ve simplified your workout the following 7 exercises work with all of our home gym models or selecttech dumbbells as noted duration 30 minutes total perform 1 to 3 sets per exercise with 12 reps per set note you shouldn t be able to do more than 12 reps per set

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bowflex xtreme 2 se workout 1 20 minute better body workout a great place to start your bowflex xtreme workouts is with this 20 minute better body workout i suggest that you do this 3 times a week mon weds fri aim for 1 2 sets of each exercise and 10 15 reps for each it will take about 20 minutes to complete exercises bench press

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bowflex ultimate home gym set up and use your bowflex ultimate home gym on a hard level surface do not wear any loose or dangling clothing or jewelry while using the bowflex ultimate home gym stand clear of all moving components before beginning any exercise program consult your physician or health care professional

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