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Number Of Exercises Over 60 Power Rod® Resistance
210 Lbs. (95 Kg) Power Rod® Upgradability 310 Lbs.
(141 Kg.) 410 Lbs. (186 Kg.) User Weight Limit 300
Lbs. (136 Kg) Meets: EN957-1 Class H EN957-2 ... Mar
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- Allow A Workout Area Of At Least 8'4" L X 6'6" W (2.6 M X 2 M) Of Free Space For Safe Operation Of The Bowflex® Blaze™ Home Gym.
- Keep Your Body Weight Centered On The Machine, Seat, Or Base Frame Platform While Exercising.
- Keep Out Of The Path Of The Power Rod® Apr 8th, 2024

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Up To 5% cash Back · The Standard Bowflex® Blaze® Home Gym Comes With 210 Pounds Of Nominal Resistance (one Pair Of 5 Lb. (2.25 Kg) Rods, Two Pairs Of 10 Lb. (4.5 Kg) Rods, One Pair Of 30 Lb. (13.5 Kg) Rods, And One Pair Of 50 Lb. (22.5 Kg) Rods. Mar 6th, 2024

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The Bowflex Xtreme SE Home Gym Assembly Manual

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