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'Bowflex XTL Exercises LIVESTRONG COM September 10th, 2017 - The Bowflex XTL Home Gym Unit Features An Upper And Lower Cable Pulley System And An Adjustable Bench Each Bowflex XTL Comes With 310

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Click On The Exercise For A Video. Rest Time Is Between Each Set Of An Exercise. MUSCLES WORKED Whole Body Quads, Glutes, Hamstrings Chest, Triceps, Shoulders Whole Body Back, Biceps, Grip Glutes, Hamstrings Whole Body Abs And Obliques Whole Body Whole Body SETS 1 3-4 3-4 3-4 3-4 3-4 3-4 3 2th, 2024

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- Every 3rd Workout, Decrease All Sets By 1. Click On

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