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the bowflex xtl is the fully upgraded model of the bowflex power pro and includes the additional leg developer, pectorals bar and lat pull-down bar.

REVIEW: THE BOWFLEX HOME GYM - WEBMD

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how well does the bowflex home gym work for bodybuilding and muscle strength? webmd experts review the bowflex home gym workout.

BOWFLEX MACHINES RECALL - EXERCISE AND FITNESS CENTER ...

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fitness and exercise information including fitness tips, exercises, stretches and prevention and treatment of fitness related injuries.

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