

## bowflex revolution manual exercises

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stabilization. Bench Position Removed Accessory Long Hand Grips Adjustable Arm Position 2 or 3  
Success Tips. Also Hip and core stabilizers. Also hip and core stabilizer muscles. Also hip and core  
rotator muscles. Muscles worked Gracilis, Adductor Magnus Bench Position Removed  
Accessory. <http://alamansyria.com/userfiles/dgtec-dg-hd8040-manual.xml>

EXERCISE Sets Bench Press Reps Resistance Sets Reps Resistance Sets Reps Resistance Sets Reps  
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Buying Options Add to Wish List Disabling it will result in some disabled or missing features. You  
can still see all customer reviews for the product. Brett Favre believed in this product enough to  
endorse it. Having a special career that takes up a lot of my time going to the gym was not on the  
schedule all the time this machine changed all of that. After long research I found the Bowflex  
Revolution fitting all my needs in one machine. I called Bowflex directly to ask if they will honor the  
warranty they offer if purchased via Amazon. I received many large packages the day and time they  
had stated. Delivery personnel brought them into the house and placed them where I needed them.  
The boxes were big but was not bad to install alone. Taking my time it took approximately 3 hours to  
install correctly and safely. Once installed I love how easy it is to change from one exercise to  
another. For an at home gym and after long hard research this is a recommended machine.  
Everything you can do at a gym you can do with this machine. I have found better muscle definition  
using this machine with the cable system. UPDATE 23JAN18 No problems with the product or its  
quality. Please Note I did NOT receive any type of incentive to write this review. This review is my  
honest opinion after doing much research and purchasing this product for use. Thank you! Reviewed  
in the United States on May 10, 2018 Overall this is a good, but not great, all in one home gym.

I like that I can do just about everything with one machine. Moving the arms and the bench around  
between exercises is quick and easy. Adding and removing weights takes a little more time  
compared to a machine with a weight stack. The resistance is not the same as what you will find  
with free weights or in a machine with a weight stack. You will have less weight at the start of a  
motion, and progressively more weight towards the end. The actual 2 Large weights are hard to take  
on and off The larger 40 lb. With the 40 lb. weight, this can be quite difficult. It would have been  
better for them to just add two 20 lb. weights. This does get a little easier over time once you get  
used to the machine. 3 Size The machine is huge. Also, the bench only has two positions, flat and 45  
degree. This limits your choices on how to grab and handle the cables. 5 Assembly The assembly  
took about 4 hours. Instructions were easy to follow and the machine is built in such a way that its  
easy to put together. Please try again later. Josh 3.0 out of 5 stars I like that I can do just about  
everything with one machine. Instructions were easy to follow and the machine is built in such a way  
that its easy to put together. Please try again later. Please try again later. AL 5.0 out of 5 stars Brett  
Favre believed in this product enough to endorse it. Thank you! Please try again later. Please try  
again later. Jorn 5.0 out of 5 stars I am used to a full gym, and I lift a relatively large amount of  
weight not bragging, just a fact relevant to my review. After reading mostly good reviews, there  
were bad reviews that discouraged me. I didnt want to have to send this back after receiving it if I  
didnt like it. I can say that I no longer have any worries with the exception of longevity. I can say the  
quality seems pretty solid, not as good as profession gym equipment, but those pieces are very  
expensive. I cant speak to longevity yet, but it does have a 10 year warranty that I will use if I need  
to.

As far as weight, I definitely have enough weight for almost every exercise I got the 300lb weight  
increase. For reference, my normal weight used for bench 810 reps is 315. This machine does not  
feel the same as Olympic bar bench press, but I certainly am getting a good workout. I actually

really enjoy using this machine. I don't think it's a replacement for a complete gym, but I think that is obvious. I do think this is giving me exactly what I need when I'm too busy to go to the gym. As far as assembly, I took less than 2 hours to assemble. In summary, this machine has plenty of weight for most exercises. It won't replace the dozens of machines in a gym, but it replaces enough of them. Its quality is not professional quality, but I think it's good enough. I think its level of quality and functionality justifies its price, I would even call it a bargain my idea of bargain may be different than yours. Assembly isn't terrible. I highly recommend, as long as you understand that it won't replace a full gym. Please try again later. Please try again later. Matt 5.0 out of 5 stars This piece of equipment is incredible. I love pretty much everything about it. Absolutely recommend and bravo to Bowflex for this amazing product! Please try again later. Please try again later. Joe 5.0 out of 5 stars We stick to at-home calisthenics, running and swimming. Our fitness goals are to become overall more physically fit, NOT to become professional bodybuilders. Decision We already have a good diet and consistently exercise. We wanted to work out together in the privacy of our own home. We wanted an at-home machine that would assist us in our fitness goals and be potentially more effective and entertaining than calisthenics. We looked at several home gyms and decided to go with the Bowflex revolution because of primarily two reasons 1 Rowing machine with free moving chair. 2 Leg Press built in. Shipping This product was available with Amazon Prime shipping, so it was shipped as expected.

Promptly and intact. No issues here. Assembly The assembly was surprisingly easy. It took approximately 2 hours from the time I opened the first box. Advice Do NOT open any other box except box 1 until you have read the directions. The installation manual instructs how to assemble the machine from INSIDE the box. It is definitely made from good quality parts. The pulley system is very smooth and very quiet. I am able to work out when people are sleeping in the next room Given my music isn't too loud Weights The weights are. I don't know why it is this way, it's just something I have noticed. The weights were originally difficult to put on due to the method that is required. After practice and use though, it became very easy and have no trouble with them. Manual The manual is very informative. It contains pictures and descriptions of all the workouts on the Bowflex. It also has many prearranged workout programs to fit your needs. Cons A couple things I am not completely satisfied with are unfortunately what made me buy the machine the first place. 1 The row machine was slightly disappointing, not quite what I expected. 2 The leg press caters to the tall. When she gets low to get a deep press, the machine loses resistance due to size, not due to defect. This means she cannot get a full press and defeats a lot of the exercise. We were originally using it wrong, but, have since fixed our issue and are using it right. The leg press is a great feature. We have a 9 year old son who can use this all the way through high school and have it STILL be in warranty. TL;DR If you are looking for a home gym to either 1 work on general fitness or 2 supplement your current gym regime, the Bowflex can do it well. It is well designed, well made and well supported. Do not expect this to make you a body builder or anything close to that. Expect this machine to make workouts fun and private. DO NOT EXPECT RESULTS WITHOUT PROPER DIET!. 5 out of 5 stars Easily Would purchase again.

Please try again later. Please try again later. GuitarGeek65 5.0 out of 5 stars Has a little bit of a different feel than free weights but overall a great experience!!!!!! The fact that it folds away is a nice feature too. Please try again later. Please try again later. CLC 5.0 out of 5 stars She has short legs. This review applies to both of our experiences with the Revo. I bought the 4 stack so there would be zero time for equipment setup between exercises. Each station had its own dedicated weight stack. I am comparing the weight and cardio workout with those pieces of equipment with the Revo. I was creating a small workout area in an upstairs corner of a room and went hunting for the piece of equipment that would fit that need. My due diligence search kept bringing me back to the Revo. Here are things you might want to consider. The Revo's spiraflex discs are light and quiet, yet gives a fitness workout every bit as good as my weight stacks. I have to be incredibly careful

with the weight stacks to not clank them when I have a heavy weight as family and neighbors do not like that noise. And forget about lifting weights upstairs with a multistation home gym. The spiraflex technology is worth the extra cost of the Revo. The Revo is compact in size and has wheels. The workout space needed to accommodate my elliptical and home gym is well a lot of space. In comparison, the Revo takes up a small footprint, and when folded up its footprint is stunningly small. The Revo has built in wheels, so when it is folded up, it can be moved around the room when needed. The Revo's rowing exercise is a great cardio workout, that involves not only the legs, but also the core, arms and shoulder muscles in a much greater way than my elliptical. I gravitate towards the Revo row over the elliptical because for the same amount of time, I'm getting a much better whole body workout, plus cardio.

I suggest before you buy a bunch of equipment to fill your exercise space, as I was tempted to do, you start with the Revo. The Revo really exercises all the muscle groups in your whole body. The mechanics of the workout with the two rotating arms, that supply independent resistance to the right and left side of your body is the incredibly effective. The ability to move the arms up a little or down a little to change the workout just a bit is great almost infinite in variability is a huge plus over other machines. There is a wide range of exercises available on the Revo, tags all the muscles with quality exercise routines. Ab crunch, Bench press, leg curls, leg extensions, leg press incredible, seated calf raise, lying shoulder pullover same effect as a pull up, lying tricep extensions, stacking biceps another incredible exercise, standing lateral shoulder raise, shoulder shrug, seated row for weight effect, cardio row. This is just a small sampling but covers the whole body. And I didn't need a pullup station, kettle bells or an elliptical. The spiraflex technology is incredibly effective. Changing from one exercise routine to the next within a 60 second HIIT recovery period is very doable, with some practice. Bowflex is owned by Nautilus, one of the big boys in gym equipment manufacturing. Their telephone support and repair services are a 10 out of 10. I had an issue caused by damage in shipping it happens, and I was on the phone for two seconds before a live, U.S. based support person, picked up. She diagnosed the issue, and had an appointment setup to fix the matter. The warranty service was seamless best I've ever experienced of any type of company. Email, phone, text messages were all employed to coordinate the repair, which was resolved in less than one week first call Monday, and knowledgeable repair person showed up at my door Saturday. Similarly, everything written in the book is transferable to any gym equipment.

Just match the pictures in the book with the equipment you are using. Dr. Darden's approach is to maximize exercise results with the least amount of effort and time. What sets the book apart is his extensive use of scientific data by him and other researchers. He provides the essence of what a HIIT exercise program is based on, and lays out all the exercises as if they were going to be performed in a HIIT fashion. The other thing that sets this book apart, is that he lays out in a SIMPLE way, what are the best exercises to do, how to determine how many reps to do, and in what order to do them, and how many to do at one setting. He lays out beginner, intermediate and advanced routines. He doesn't provide a bunch of confusing options, but rather what his, and others' research has found are the best of the best exercises to do, and in what order, and how much to exercise. Resist looking all over the internet and YouTube for videos on how to exercise with the Bowflex. Resist looking all over the internet and YouTube for videos on how to exercise with the Bowflex. Once I had the manual, DVD and Dr. Darden's book, and started going through them, I realized everything is here in a simple layout, going from the first weeks workout through the first year and beyond. No unanswered questions, no should I do this or that. Dr. Darden lays it all out in his book, and backs it up with a scientific studies, and then tells you what exercises to do, in what order, week by week. All in a HIIT compatible format and all backed up by tons of scientific studies. You should have a workout timer for fitness training. The app can be customized. You should check this app out to see if it meets your workout needs. Please try again later. Please try again later. Michelle M 5.0 out of 5 stars I have seen such a different in the fact that I am finally getting toned up. My arms, legs and abs are feeling

wonderful. Still got a way to go but I have been using it since end of December and I am addicted. It works and it makes you feel incredible.

Please try again later. Please try again later. Richard Bullotta 4.0 out of 5 stars Simple to set up, easy to switch and change for different exercises, good range of weight, and overall a good design. It folds up nicely as well, which is a plus. It does take some getting used to if you are accustomed to linear movements with free weights, but can be just as, if not more effective. The only limitation I've found is that it is difficult to get a good lat pulldown exercise given the way the machine is designed, but that's a minor limitation. Also, I tend to use dumbbells in addition to the machine. Please try again later. Please try again later. B. Kling 4.0 out of 5 stars Please try again later. Please try again later. It offers a wellmade, highquality machine for the spacecrunched home exerciser. This small machine offers an amazing 90 exercises for the entire body along with endless variations and accessories. The cuttingedge SpiraFlex resistance technology replaces the heavyweights of traditional gyms, making movements smooth and challenging all at the same time. They're bulky, expensive, take up way too much space and offer the same old boring exercises. In fact, many of my clients have multistation gyms they never use, so many of these simply end up collecting dust. Below are the real standouts for the Bowflex Revolution XP. At only 5foot 5inches by 3foot 2inches, the XP is perfect if you are extremely limited on exercise space in your home. However, if you add the optional lat tower, it raises the height from 6foot 1inch to 6foot 11inches. Bowflex recommends you have an available workout space of 7foot x 5foot 4inches, but I had less than that and didn't run into any problems. This variety is available because there are many simple adjustments you can make to the arms and pulley system. Combine that with the special type of resistance used, and your exercise routine can be quite diverse.

The included plates have heavygauge elastic straps that tighten around a central pivot coil during exercise. This completely eliminates the need for stacks of heavy weights. It also includes a removable seat and back pad and three pulleys to choose from—the ones on the arms and pulleys located at the base of the machine. The XP is surprisingly simple, even if it looks complicated. The manual includes these number settings for all the exercises shown, so you don't have to guess. You can also adjust the handles so that they're longer or shorter, adding more range of motion for different exercises. You can attach the cable to the arms or to the lower pulleys at the base for moves like bicep curls, woodchops, squats, and lunges. A squat harness is included, as is a removable leg attachment for curls and extensions and a foot harness for inner and outer thigh, quad, and glute exercises. It may sound confusing, but the included manual and DVD show you exactly how to adjust the machine to get the resistance in just the right place for each move. After a few practice workouts, the adjustments become second nature. The machine comes with 200 pounds of the SpiraFlex plates, but they aren't like standard weight plates. For example, pick up a 10pound plate and you'll realize it's actually much lighter. That's because the resistance is inside the plate and is only engaged when you attach the plate in the correct way. You push the weight onto the bar, turn it while pushing it and the plate interlocks with the other weights. The plates come in 5, 10, 20, and 40pound increments for up to 200 pounds, but you can order more plates if you need them. Because the tension is constant unlike with dumbbells, you'll find the moves more challenging. Also, you're working each side of the body independently and there's no fixed path of motion, so you have to use your own muscles to stabilize the body. This makes the exercises very functional for the real world.

The DVD is very helpful in learning proper positioning for the moves. Bowflex offers a lat tower and a rack to store your weights. There's an optional Ab Back Pad which most people won't find necessary since the back pad that comes with it works fine. They do mention that the Ab Back Pad is curved to offer better support for the ab exercises, so it may be helpful for some people. The manual includes tons of exercises, workouts, and other great weight loss and diet info. Do a seated chest press then remove the seat, adjust the arms and do a standing press to add a different challenge. Stand, sit,

kneel, use an exercise ball, try one arm at a time or try any number of options to change the exercises. You work in every plane of motion which is perfect for functional training. Beginners may find it uncomfortable at first. Its comparable to many multistation home gyms. Its a high quality machine with amazing technology that saves space yet adds incredible options for how you lift weights. Due to the high cost of these machines, however, its best to be firmly committed to a regular exercise routine before making a purchase. If you havent started working out, consider a gym membership to get a feel for it. Gyms are also an opportunity to learn how to properly use machines so you can avoid injury. That's simply because it offers superlative quality, exceptional versatility, and commercial grade sturdiness. It's quite different from other weight training machines, even from the other Bowflex units, such as Bowflex Xtreme or Bowflex PR3000. It uses an innovative resistance system, based on elastic straps and coils. On the other hand, handling the machine once is assembled is not exactly easy. However, this stands for just about any other home gym system. But as opposed to other home gym machines, this Bowflex model does feature a set of transport wheels on its base platform. Its frame is also foldable, the main bar that holds the bench and the seat folds up.

All the integrated pulleys are made of heavy duty nylon material. They all integrate industrial grade, sealed ball bearing, for smooth operation and a long lifespan. The cables are steel ropes, tested for over 2,000 lbs, each cable featuring a sheet of PVC material to deliver a smooth glide. The seat can lock onto its sustaining bar in several positions. However, the seat's frame also integrates a set of wheels and can glide onto its rail, in order to offer the possibility to perform rowing exercises. Both the seat and backrest feature a highly durable upholstery, made of synthetic leather. This smaller backrest attaches on the opposite side of the large one and is designed to provide support for leg press exercises. Naturally, a leg press plate is also included. Although the leg developer attachment and the preacher curl attachment weren't included with the machine at first, they are now. The preacher curl attachment has 5 height adjustment positions and features padding and upholstery similar to the seat and backrest. The leg developer also has generously padded rollers and supports, providing optimal comfort for all exercises. The hand grips contain two Drings, allowing to adjust the length on their straps, in order to adapt them perfectly to your arm length. The foot harnesses are used for several types of leg exercises. The foot harnesses contain attachment rings on multiple sides. Each pack integrates a heavy duty elastic strap, which tightens around a coil as the resistance discs rotate when the cables are pulled. But assembled into the machine's resistance system, they modify the resistance of the springs, enabling it to generate the indicated amount of resistance on each one of them. For example, you can add the 40 lbs and the 5 lbs discs on each side of the machine, in order to benefit from 45 lbs of weight resistance for each arm. You can also create an offset weight if you want.

In other words, you can load one side with the 40 lbs disc, and the other with the 40 and 10 lbs discs, to get more weight resistance on one side. You simply have to place each plate on its shaft, matching the holes and rotate them to lock in place. It takes less than a minute to change resistance. Plus, you won't have to handle heavy loads when you adjust resistance, as the discs are not as heavy as traditional weight plates. Therefore, the machine is great for workout routines that involve different weights. However, the weight disc set is upgradable to a total of 300 lbs 136 kg. On the list of included exercises, you can mention However, there still are several parts that require assembly. Thus the process will take at least two hours. However, the assembly is far from being complicated. The included manual has clear stepbystep assembly instructions. The Allen wrenches required for assembly are also included, but you'll need your own adjustable wrench. All you have to do on this matter is periodically inspect the machine for loose bolts and nuts, and check for any signs of damage in order to replace the potentially damaged parts before accidents occur. So, in order to work those muscles, you will have to perform different exercises. It's a highly versatile home gym system, offering the possibility to perform more than 100 exercises. It may not be the best choice for

powerlifters or professional bodybuilders, but even pros can perform a wide array of quality exercises on it. Finally, it's not exactly a cheap machine, but due to its quality, versatility, included accessories, and overall sturdiness, it definitely stands up to its price. Bowflex Revolution XP Owners Manual and Fitness Guide Please read all safety precautions and warning information prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing.

Instructions for attaching various accessories, storing cables, and changing out components are included later in this manual, as well as in the Assembly Manual. Adjustable Arms Preparing to Exercise. To do exercises, read the instructions in this manual or on the exercise poster included with your machine. Each exercise uses a unique set of adjustable arm positions and cable connections. Daily Wipe down with a damp cloth. Pay special attention to areas where perspiration could settle. Cable Routing and Storage. Squat Frame Pulley Cables. To install the Squat Frame Pulley cables, remove the ball end from the rope by ball end Figure B. Cable Pulley. Figure A. Figure B. When the Squat Pulley cables are not in use, store them by wrapping around the rope hooks as shown. Seat and Back Pad with Locking Pin The Leg Extension is used when doing leg extension and leg curl exercises. To attach the Leg Extension, pull down on the poppin under the seat and insert the leg extension into the mounting bracket. Remove the cap on the mast of the main frame. Insert the Lat Tower in the mast and secure with the bolts provided. Refer to the Lat Tower Assembly Manual for detailed instructions. Safety precautions. Only then will you meet your goals safely and efficiently. Breathing. The most important part of breathing during exercise is, quite simply, that you do it. Move slowly on each rep. Body Part Legs. Trunk. Exercise Leg Extension Standing Leg Curl Standing Hip Extension Standing Calf Raise Standing Low Back Extension Standing Abdominal Crunch. Sets 13 13 13 13 13 13. Circuit 2. Body Part Shoulders Legs Back Trunk Arms. Exercise Seated Shoulder Press Leg Extension Seated Lat Pulldown Standing Low Back Extension Standing Biceps Curl. Reps 8 12 8 12 8 12 8 12 8 12. Circuit 3. Body Part Shoulders Arms Legs Trunk Legs. You can switch quickly between hundreds of exercises with less setup time than most gym machines.