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## **The Bowflex Blaze Home Gym Assembly Manual**

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- Keep Your Body Weight Centered On The Machine, Seat, Or Base Frame Platform While Exercising.
- Keep Out Of The Path Of The Power Rod® 3th, 2024

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Workout Area 100" L X 78" W (254 Cm L X 198 Cm W) 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 ... 1th, 2024

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Up To5%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. 2th, 2024

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