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Basic Assembly Principles Here are a few basic tips that will make your assembly of the Bowflex Sport® home gym quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort. 1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly

The Bowflex Sport Home Gym Assembly Instructions

The Bowflex Power Pro XTL is delivered in kit form and you must assemble it at home. Locate the seat rail and rear leg. Place two 3/8" x 3/4" square-head bolts through the rear-leg bolt keeper --

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