

Download Bowflex Classic Exercise Manual

View and Download Bowflex Classic Home Gym owner's manual online. Classic Home Gym Home Gym pdf manual download. View and Download Bowflex Conquest owner's manual online. Owners Manual. Conquest Home Gym pdf manual download. So, you'll be doing your bowflex workout routine 3 times per week. Lifting weights 3 times per week is great for building muscle. This is my personal favorite schedule for getting great results (3 workout days and 4 rest days). The Bowflex Classic machine is one type of home gym supplied by the Bowflex company. It uses what is called a power rod system -- rather than weight plates -- to provide resistance for your strength-training workouts. Power rods are tall, plastic bars of various thickness, that bend and flex as you exercise.