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step 1)Place the stabilizer on the floor, ears pointed toward you. step 2)Set the bolt, nut, 2 washers, and 2 wrenches on the floor by the stabilizer. step 3)Place the mainframe into the stabilizer ears.

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The Soloflex User Guide covers everything you need to know about your Classic Soloflex machine. It includes assembly instructions, information on proper How to Assemble Your Muscle Machine Step 1. Place the stabilizer on the floor, ears pointed toward you. Step 2.

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Push the bar upwards. The Soloflex weights will resist the push, so you work your chest muscles. Push your arms upward, but don't lock the elbows. Continue this for 15 repetitions and three sets. Slide the weight bar up the Soloflex so that your body fits underneath. Face the rear of the Soloflex as you pull the bar down towards your back.

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The Soloflex Rockit focused on the lower body strengthening. It also was the first product to consider another target market: the aging population. The Rockit advertised not only strong, healthy, great looking, young people but also those fun, gray haired people in their later years. They also could become stronger, safely.

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The Soloflex WBV Platform is 10" X 40." It weighs 35 pounds. The platform is a standard Soloflex weightlifting bench (15-ply wood laminate molded with urethane foam). There is no weight restriction for users. The vibration motor draws about .5 amps, the same as a 60 watt light bulb. Everything is American made except the frequency controller (Hong Kong).

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Rare Soloflex Rockit video that came with the Soloflex Rockit. Sales and exercise instructions plus other information on the Rockit. Rarely seen and full of ...

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