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• Allow A Workout Area Of At Least 8'4" L X 6'6" W (2.6 M X 2 M) Of Free Space For Safe Operation Of The Bowflex® Blaze[™] Home Gym. • Keep Your Body Weight Centered On The Machine, Seat, Or Base Frame Platform While Exercising. • Keep Out Of The Path Of The Power Rod® May 2th, 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. Apr 1th, 2024

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