

## Schwinn Home Gym Manual

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The best place for the Schwinn® Force™ home gym is on a hard, level surface. Additionally, hardware should only be securely tightened where indicated in the Assembly Instructions. Unless otherwise instructed, keep all nuts, bolts and screws loose until the final tightening instructions in Step 13.

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Unlike traditional machines, all Bowflex® home gyms utilize advanced resistance technology that doesn't rely on gravity. As a result, Power Rod® gyms eliminate inertia, making it impossible to 'cheat' your way through an exercise while reducing strain on the joints and tendons. For efficiency, safety and results, no free weight system or ...

*Why Home Gyms | Schwinn*

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