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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

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into the stabilizer ears.

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Hand Weight User Guide – Soloflex

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

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

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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

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made except the
frequency controller
(Hong Kong).

strengthening and
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