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step 1)Place the

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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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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,

Read Online Soloflex Rokit ears pointed toward you. Step 2.

[Soloflex wbv manual
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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

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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.

[Soloflex Workout Guide | SportsRec](#)
Muscle Machines,
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Rokit Parts & Accessories

Soloflex

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,

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young people but also those fun, gray haired people in their later years. They also could become stronger, safely.

Soloflex: The Game is over..

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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

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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).

strengthening and

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stretching weight
training 10 yoga &
pilates

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

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