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# **Bowflex Revolution XP Home Gym**

There are just so many options today when it comes to getting into shape and achieving that perfect and sexy body that you up always been trying to achieve. It is perhaps these choices that have made selecting the proper piece of exercise equipment next to impossible to complete. But it does not have to be a difficult task as long as you take the time to figure out exactly what you will be needing with regards to exercise equipment. If you are in need of the home gym though, look no further than the Bowflex Revolution XP Home Gym.

The Bowflex Revolution XP Home Gym has been designed to be a space saving model which still features their cutting edge flexible weight technology. Matter of fact, this model is so compact that it will fit in a space a that is only 4' x 5'. This is perfect for just about any home out there as it will not take up a lot of space and will offer you some of the best workout routines possible. You'll get a gym quality experience each and every single time that you choose to make use of the Bowflex Revolution XP Home Gym in order to achieve your fitness related goals.

The Bowflex Revolution XP Home Gym makes use of the patented SpiraFlex resistance technology will which allows you to duplicate the exact same benefits that you get from free weights. The basic model comes with a total of 200 pounds worth of resistance that you are also able to upgrade that the 280 pounds should you need the extra resistance. Furthermore, you'll be able to get into higher body workout thanks to the help of the Bowflex Revolution XP Home Gym. It offers you both upper body, lower body as well is core workout routines. With regards to the upper body, you'll find that the Freedom Arms are adjustable up to 170

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