

# Soloflex Rockit User Guide

Soloflex WBV User Guide. Download soloflex\_wbv\_user\_guide.pdf. Shaken and Stirred - Casino Royale. ... Rockit by Soloflex is an

impressive machine.  
In many of my  
reviews when I ' ve  
referred to squats  
I ' ve said that you  
should be shown how  
to do them properly.  
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Rokit User Guide —

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*soloflex-rokit-user-guide*

Soloflex  
The Rokit User  
Guide includes  
assembly instructions  
and shows how to use  
the Rokit to work  
various lower body  
muscle groups.

Soloflex Rokit User  
Guide

The Rokit User  
Guide includes

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assembly instructions and shows how to use the Rokit to work various lower body muscle groups.

Rokit User Guide –  
Soloflex  
Muscle Machines,  
Parts & Accessories  
Whole Body  
Vibration Rokit

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## Parts & Accessories

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Anglers Association  
The Soloflex WBV  
Platform is 10" X 40."  
It weighs 35 pounds.  
The platform is a  
standard Soloflex  
weightlifting bench  
(15-ply wood  
laminated with  
urethane foam).  
There is no weight  
restriction for users.

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The vibration motor draws about .5 amps, the same as a 60 watt light bulb. Everything is American made except the frequency controller ...

strengthening and stretching weight training 10 yoga & pilates

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Soloflex is a workout machine that has resistant, stretchable weights. These weights are different than in traditional weight machines. They are placed on bars, and are flexible and pulled, providing resistance without the heavy, bulky

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traditional forms.

Soloflex Workout  
Guide | SportsRec  
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)

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Place the mainframe into the stabilizer ears. If you have any questions about the

## The SOLOFLEX Web Manual - Gear Report

Soloflex is a workout machine that has resistant, stretchable weights. Rocky

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Romero: Soloflex  
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Official Site.Soloflex  
refers to both the  
Soloflex exercise  
machine and to  
Soloflex, Inc, the  
company that created  
and produces it.  
Instead of pulleys, the  
Soloflex used an.  
Rare Soloflex Rockit

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

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Soloflex is an  
impressive machine.  
In many of my  
reviews when I 've  
referred to squats

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I ' ve said that you should be shown how to do them properly.

Soloflex: Reviews  
Soloflex Rocket  
(squat machine). ...  
Includes 2-100's and  
2-50's Soloflex weight  
straps. User Guide  
and DVD available  
through Soloflex.

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Soloflex is still around  
and the company is  
still producing the  
Muscle Machine,  
WBV board, parts,  
etc. The Soloflex  
Muscle Machine

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really is an awesome fitness tool, if used properly. And if you are limited on space (like I am), it is ideal. You can get in superb shape using the SMM and a good pair of dumbbells.

## Soloflex Exercise Machine: Exercises

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From Soloflex Poster

...

Soloflex Rocket Squat  
Exercise Machine

Home Gym Here we  
have a great piece of  
exercise equipment.

This is a SOLOFLEX  
ROCKIT SQUAT  
EXERCISE

MACHINE. It is in  
good used condition

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with the usual scuffs and scratches from being moved and used. Includes User Guide. All rubber feet and end caps. Can also be used with free weights.

Bowflex, Soloflex,  
CrossBar - Soloflex  
Home Gym

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Soloflex Muscle  
Machine weight  
bench home gym  
solo flex - \$300  
(Upstate, SC) This is  
a really great Solo flex  
workout machine  
weight bench. Easy to  
use and comes with  
bench press / pullup,  
leg, and butterfly  
attachments.

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- Shoppok - Page 3  
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leg, and butterfly  
attachments.

Soloflex - Classifieds  
- Shoppok

Soloflex Rockit leg  
work out machine.

Gives a great workout  
while not stressing  
back as much as a  
regular squat. Can

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use rubber weight straps (included) to add resistance and/or add 2" weight plates.

Soloflex Rokit Leg-Squat Machine  
(Enola, PA) \$300 -  
JLA ...

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Soloflex Rockit Squat  
Exercise Machine  
Home Gym Here we  
have a great piece of  
exercise equipment.  
This is a SOLOFLEX  
ROCKIT SQUAT  
EXERCISE

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**MACHINE.** It is in good used condition with the usual scuffs and scratches from being moved and used. Includes User Guide. All rubber feet and end caps. Can also be used with free weights.

Soloflex Rokit Leg-Squat Machine (Enola, PA) \$300 - JLA ...

Soloflex Rokit User Guide - Birmingham Anglers Association

Soloflex is a workout machine that has resistant, stretchable weights. These weights are different than in traditional weight machines. They are placed on bars, and are

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flexible and pulled, providing resistance without the heavy, bulky traditional forms.

Soloflex is still around and the company is still producing the Muscle Machine, WBV board, parts, etc. The Soloflex Muscle Machine really is an awesome fitness tool, if used properly. And if you are limited on space (like I am), it is

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Soloflex

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Soloflex Rocket  
(squat machine). ...  
Includes 2-100's  
and 2-50's Soloflex  
weight straps. User  
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Soloflex. Can help  
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distance. Pick up only as shipping this item is expensive ...

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Soloflex Rokit Squat  
Exercise Machine

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Home Gym Here we have a great piece of exercise equipment. This is a SOLOFLEX ROCKIT SQUAT EXERCISE MACHINE. It is in good used condition with the usual scuffs and scratches from being moved and used. Includes User Guide. All rubber feet

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and end caps. Can also be used with free weights.

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step 1) Place the  
stabilizer on the floor,  
ears pointed toward

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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. If you have any questions about the

Soloflex Muscle  
Machine weight bench  
home gym solo flex -

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\$300 (Upstate, SC)  
This is a really great  
Solo flex workout  
machine weight  
bench. Easy to use and  
comes with bench  
press / pullup, leg, and  
butterfly attachments.

**The SOLOFLEX  
Web Manual - Gear  
Report**

Soloflex Rokit leg  
*Page 43/73*

work out machine.  
Gives a great workout while not stressing back as much as a regular squat. Can use rubber weight straps (included) to add resistance and/or add 2" weight plates.

## **Bowflex, Soloflex, CrossBar - Soloflex**

## **Home Gym**

Muscle Machines,  
Parts & Accessories

Whole Body

Vibration Rokit

Parts & Accessories

Soloflex Muscle

Machine weight

bench home gym

solo flex - \$900

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a really great Solo

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flex workout  
machine weight  
bench. Easy to use  
and comes with  
bench press / pullup,  
leg, and butterfly  
attachments.

## **Schenck Disocont Manual Vse20190**

Rare Soloflex Rockit  
video that came with

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the Soloflex Rokit.  
Sales and exercise  
instructions plus other  
information on the  
Rokit. Rarely seen  
and full of ...

Soloflex is a workout  
machine that has  
resistant, stretchable  
weights. Rocky  
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refers to both the Soloflex exercise machine and to Soloflex, Inc, the company that created and produces it.

Instead of pulleys, the Soloflex used an. Rare Soloflex Rokit video that came with the Soloflex ...

The Soloflex WBV Platform is 10" X 40."

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It weighs 35 pounds.  
The platform is a  
standard Soloflex  
weightlifting bench  
(15-ply wood laminate  
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users. The vibration  
motor draws about .5  
amps, the same as a  
60 watt light bulb.

Everything is

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American made  
except the frequency  
controller ...

**strengthening and  
stretching weight  
training 10 yoga &  
pilates**

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## **Guide**

The Rokit User Guide includes assembly instructions and shows how to use the Rokit to work various lower body muscle groups.

## **Rokit User Guide – Soloflex**

Muscle Machines, Parts  
& Accessories Whole  
Body Vibration Rokit  
Parts & Accessories

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## **Soloflex**

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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

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**strengthening and stretching weight training 10 yoga &**

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## **pilates**

Soloflex is a workout machine that has resistant, stretchable weights. These weights are different than in traditional weight machines. They are placed on bars, and are flexible and pulled, providing resistance without the heavy, bulky traditional forms.

## **Soloflex Workout Guide | SportsRec**

step 1) Place the stabilizer on the floor, ears pointed toward you.

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If you have any questions about the



## **The SOLOFLEX Web Manual - Gear Report**

Soloflex is a workout machine that has resistant, stretchable weights. Rocky Romero: Soloflex Manual.pdf Soloflex: Official Site.Soloflex refers to both the Soloflex exercise machine and to Soloflex, Inc, the company that created

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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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Rockit by Soloflex is an impressive machine. In many of my reviews when I've referred to squats I've said that you should be shown how to do them properly.

## **Soloflex: Reviews**

Soloflex Rockit (squat machine). ... Includes 2-100's and 2-50's Soloflex weight straps. User Guide and DVD

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available through Soloflex. Can help load and disassemble. Will consider a local delivery within reasonable distance. Pick up only as shipping this item is expensive ...

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Soloflex is still around  
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and the company is still producing the Muscle Machine, WBV board, parts, etc. The Soloflex Muscle Machine really is an awesome fitness tool, if used properly. And if you are limited on space (like I am), it is ideal. You can get in superb shape using the SMM and a good pair of dumbbells.



# **Soloflex Exercise Machine: Exercises From Soloflex Poster**

...

Soloflex Rocket Squat  
Exercise Machine Home  
Gym Here we have a  
great piece of exercise  
equipment. This is a  
**SOLOFLEX ROCKET  
SQUAT EXERCISE  
MACHINE.** It is in  
good used condition  
with the usual scuffs

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and scratches from  
being moved and used.  
Includes User Guide.  
All rubber feet and end  
caps. Can also be used  
with free weights.

**Bowflex, Soloflex,  
CrossBar - Soloflex  
Home Gym**  
Soloflex Muscle  
Machine weight bench  
home gym solo flex -  
\$300 (Upstate, SC) This

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is a really great Solo flex workout machine weight bench. Easy to use and comes with bench press / pullup, leg, and butterfly attachments.

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## **Soloflex - Classifieds - Shoppok**

Soloflex Rocket leg work out machine.

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**Soloflex Rokit Leg-Squat Machine (Enola, PA) \$300 - JLA ...**

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Gym Here we have a great piece of exercise equipment. This is a SOLOFLEX ROCKIT SQUAT EXERCISE MACHINE. It is in good used condition with the usual scuffs and scratches from being moved and used. Includes User Guide. All rubber feet and end caps. Can also be used with free weights.

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