

# Tech Rod Gym Exercise Manual

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fitness choices available today, finding the best workout equipment for your needs can be very confusing. Everyone at Nautilus would like to thank you for selecting the Bowflex® Blaze™ home gym. Bowflex® Blaze™ home gym is the finest home fitness

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The Tech Rod TR-2 home gym helps to bring the power of a gym membership into your house. This fitness system uses resistance bars instead of weights to challenge many

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different muscle groups in your body. Several unique exercises can be completed on the system that activate your arms, legs and core.

## **How to Use the Tech Rod TR-2 Home Gym | SportsRec**

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This is a TechRod TR2 workout machine with 200 lbs. of resistance on it. I spent way too much money on it to get better results from the copies of my brother's P90X DVDs, a pull-up bar in a doorway, and some 30lb. dumbbells, all of which I got for free.

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## **Techrod TR2 Workout Machine | Trade For It**

Answers from specialists on exercises for the techrod home gym. First: With a personal trainer. They will be able to help alter your exercise routine to focus

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on your personal goals. They also will be able to progress your current routine to make it more difficult. Best of luck!

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exercise before you do so using Power

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Replacement parts, Manuals and

Assembly Videos Model Number:

Model Name: Submit. Non-warranty

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replacement parts can be ordered on-line. Only order parts on-line if you are out of your manufacturer or extended warranty period. If your equipment is still under warranty, please contact us to order replacement parts.

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Tie Rod Life Fitness Models X9i,  
8500, 9100, and 9500HR Cross-  
Trainers How To... Replace Pedal  
Lever Assembly – X9i only Tools  
required: Phillip screwdriver, Allen  
wrench set, 3/8” Socket set, and

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Standard wrench set 1. Remove six screws from the OUTER LINK COVER and remove cover. 2. Remove the TIE ROD.

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## **TechRod TR2 Home Gym - Tech Rods Bowflex for Total Gym ...**

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Fitness Training Ropes Body Solid's fitness training ropes come in six sizes with varying lengths and diameters. All ropes are made of durable poly-twine with wrapped finished ends for durability. In addition they are black in color to help mask dirt build up over



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various exercises. Page 18.  
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Tie Rod Life Fitness Models X9i, 8500, 9100, and 9500HR Cross-Trainers How To... Replace Pedal Lever Assembly – X9i only Tools required: Phillip screwdriver, Allen wrench set, 3/8 ” Socket set, and Standard wrench set 1. Remove six screws from the OUTER LINK COVER and remove cover. 2.

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Remove the TIE ROD.

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This is a TechRod TR2 workout machine with 200 lbs. of resistance on it.

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to bring the power of a gym membership into your house. This fitness system uses resistance bars instead of weights to challenge many different muscle groups in your body. Several unique exercises can be completed on the system that activate

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## Techrod TR2 Workout Machine | Trade For It

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Fitness Training Ropes Body Solid ' s  
fitness training ropes come in six sizes  
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