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Sep 17, 2011 · **Bowflex** makes several different models of its home gym. Each model has the same basic cable setup, but each one offers different exercise options.

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## [Bowflex Home Gym Reviews - Comparison of All Models](#)

[www.fitnessrocks.org/bowflex-home-gym-reviews](http://www.fitnessrocks.org/bowflex-home-gym-reviews)

**Bowflex Home Gym Models Reviews**. Here are the 5 different models that **bowflex** manufactures: **Bowflex Pr1000**, **Bowflex Revolution**, **Bowflex Xtreme 2 SE**, **Bowflex** ...

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## [Bowflex vs. Total Gym | LIVESTRONG.COM](#)

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Oct 07, 2015 · Comparison of Exercises. Despite the differences in how the machines work, both the **Bowflex** and Total Gym units allow you to do similar exercises.

## [Review: The Bowflex Home Gym - WebMD](#)

[www.webmd.com/fitness-exercise/features/review-bowflex-home-gym](http://www.webmd.com/fitness-exercise/features/review-bowflex-home-gym)

How well does the **Bowflex** Home Gym work for bodybuilding and muscle strength? **WebMD** experts **review the Bowflex Home Gym** workout.

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