

## **Bowflex Schwinn Comp Manual**

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The Schwinn Comp Strength Training System is a home gym made Nautilus Group, Inc, the same company that makes Bowflex gyms. The Schwinn machines features the Bowflex Power Rod technology, which is the system that gives you resistance when you exercise on a Schwinn or Bowflex home gym.**

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**Schwinn created the ultimate exercise machine, when they put the Schwinn Airdyne Exercise bike on the market in the late 1970's. It has since become the most common form of fitness as far as exercise bikes. The Airdyne has no resistance parts, and gets all its resistance from air. These bikes have been around since the late 70's and since that time replacement parts have remained basically the ...**

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