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Page 4: Hardware Guide Tools You Will Need You will need the following tools to complete the assembly of your Bowflex® Sport™ home gym.

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Bowflex lists the physical size of all of their machines — they also list the required workout area, making it easy to determine where you can put your machine and how much space it will take up. For an accurate estimate of the space your new machine will take up, cut out a piece of cardboard that matches the workout dimensions.

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