

Steel-Bow® “Sit-at-Home Fitness”™

30 minutes a day

5 days a week

Sit in a chair

**Total Body
Fitness**

**Longest lasting
Muscle possible**



**Proven
Principles
of Success**

**Safe & Simple
Fitness position**

**Guaranteed
Results!!**

55-year old shows changes in just 10-weeks, **see more muscles EVERY WEEK**



Ground Zero



2 Weeks



5 Weeks



10 Weeks

“I wanted to design a program that worked for anyone with:

- **Minimum resistance**
- **Easiest position to exercise**
- **Produce visual and physical gains that could not be denied.”**



John Hughes
Designer of the Steel-Bow
2008 National Veterans Champion

“During my complete program,
I lost a total of 28 lbs;
7-inches off my waist alone,
and was physically fit to win a
National Wrestling Championship.”

There is a ***magic*** feeling being
physically fit to be able to enjoy
almost any physical activity.”

www.BowProducts.com