

## Soloflex Rockit User Guide

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**Soloflex Rockit rare video** Rare **Soloflex Rockit** video that came with the **Soloflex Rockit**. Sales and exercise **instructions** plus other information on the Rockit.

**Jerry Wilson, President, CEO of Soloflex** Entrepreneurship in America

**Copy of SOLOFLEX FULLBODY WORKOUT** Host Doug Benbow, with Randy Potter and Valerie.

**SOLOFLEX Fitness Plus TV Show LA** Doug Benbow spokesperson for **SOLOFLEX** Fitness Plus Television Hosts Clark Jarret & Lou Mulford.

**Soloflex**

**Complete Soloflex Infomercial. The one that started it all** This was the Original **Soloflex** infomercial that started it all. After more than 20 years they are still someone of the best home gym ...

**Soloflex: World's First Infomercial** It's every young boy's dream; to look like a man is supposed to look. There's only one way to get there; pump some iron. **Soloflex** ...

**Soloflex part 1 - customizing for a streamlined workout** In this video I show how I have personalized my **Soloflex** since 1989 to make the workouts go much faster with the fewest delays ...

**Soloflex: initial impression not a review** This is not a review of the soloflex machine just how I feel about it after using it 2 times.

**The SOLOFLEX Story: Whole Body Vibration Platform** This video explains the usefulness of the **SOLOFLEX** Whole Body Vibration (WBV) Platform. <http://blog.soloflex.com/>

**Soloflex part 3: adapting Soloflex for seated calf raises** In this third video I show how to do seated calf raises for those like me who have injuries that would keep them from doing regular ...

**Let's Watch VHS Tape #10: NordicFlex Gold (1993)** This was filmed 1/17/14. Here is a look at a trash picked VHS Tape called "NordicFlex Gold" (by NordicTrack) from 1993.

**Soloflex**

**Soloflex Rockit ad & Renegade teaser**

**The SOLOFLEX Story : part-3** Part 3 of a documentary profile of Jerry Wilson, the innovator/CEO of **SOLOFLEX**, Inc. <http://blog.soloflex.com/>

**Copy of SOLOFLEX "Profiles" Infomercial**

**SOLOFLEX Heros Infomercial**

**Ultimate Chest Routine** Great routine for endurance, strength, definition, muscle mass, and all around feeling good mode. Ideal for any sports activity.

**Soloflex part 2: further customizing** Note: these notes were last updated on 5/21/2017) In this video I show how to keep from hyperextending the knees while doing ...

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