

Steel-Bow® “Sit-at-Home Fitness”™

30 minutes a day

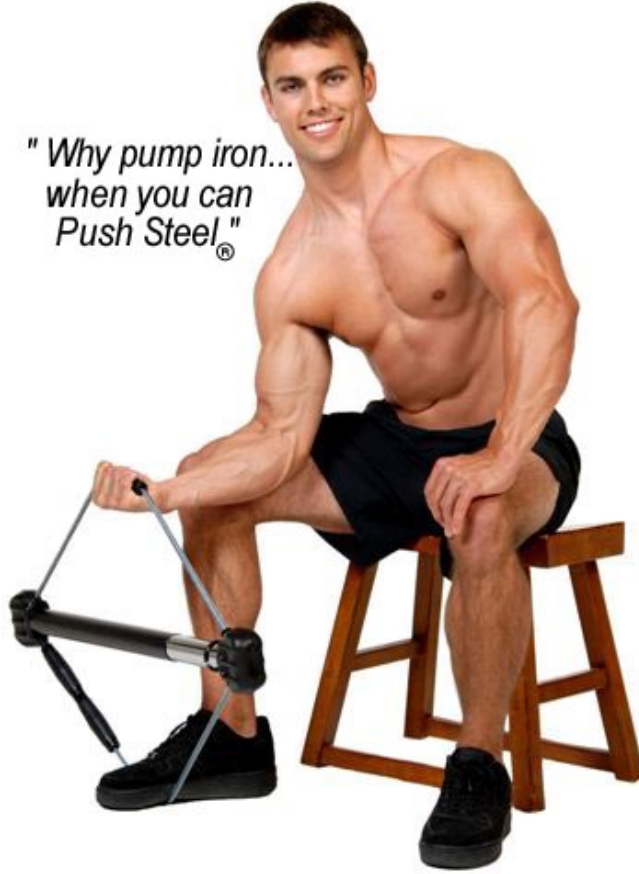
5 days a week

Sit in a chair

**Total Body
Fitness**

**Longest lasting
Muscle possible**

*“Why pump iron...
when you can
Push Steel®”*

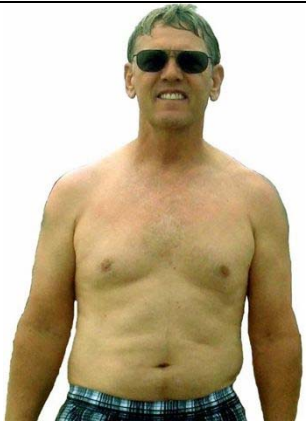


**Proven
Principles
of Fitness**

**Safe & Simple
Fitness position**

**Guaranteed
Results!!**

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



Ground Zero



2 Weeks



5 Weeks

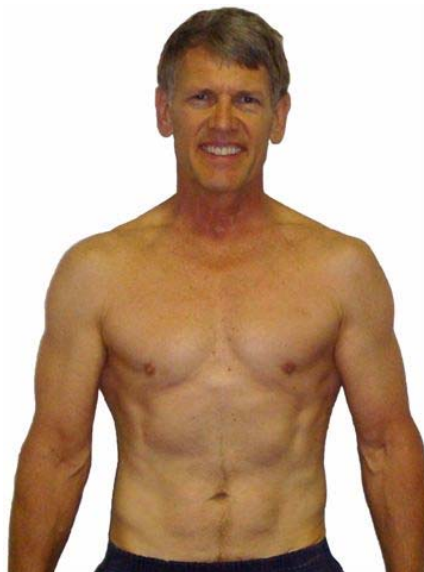


10 Weeks

YOU CAN DO IT!

“I designed a program that works for anyone with:

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



Lose WEIGHT

Gain MUSCLE

“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.”

**National
Champion**

John Hughes
Designer of the Steel-Bow
2008 National Veterans Champion
2008 World Veterans Medallist
Age 56

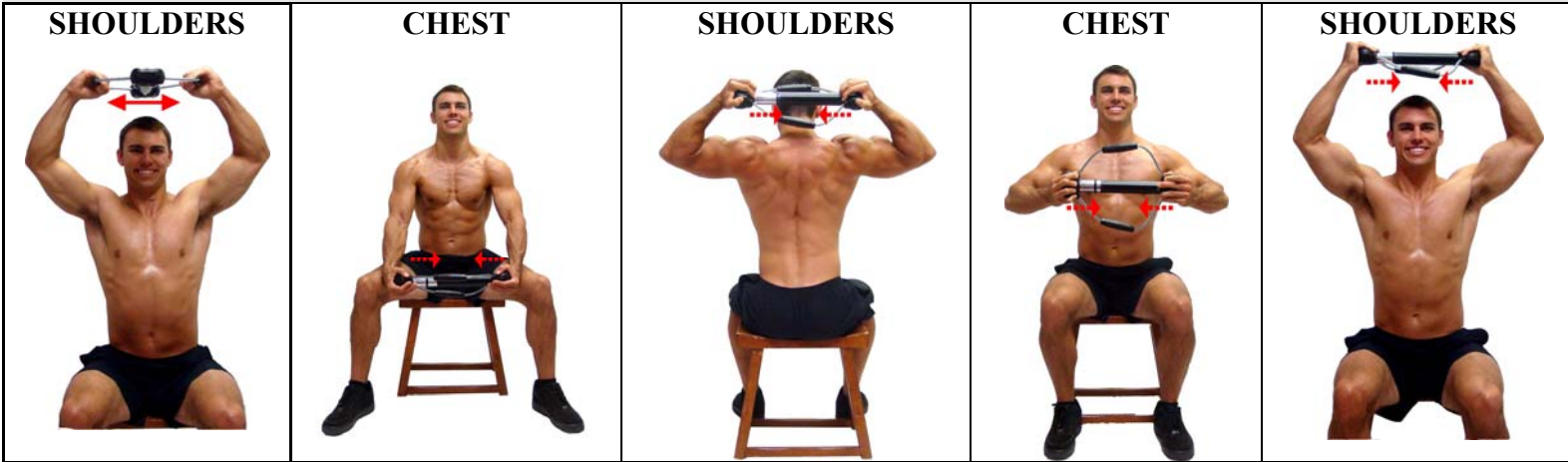
**Bronze
Medallist**
World Championships

The “Power of the Bow”

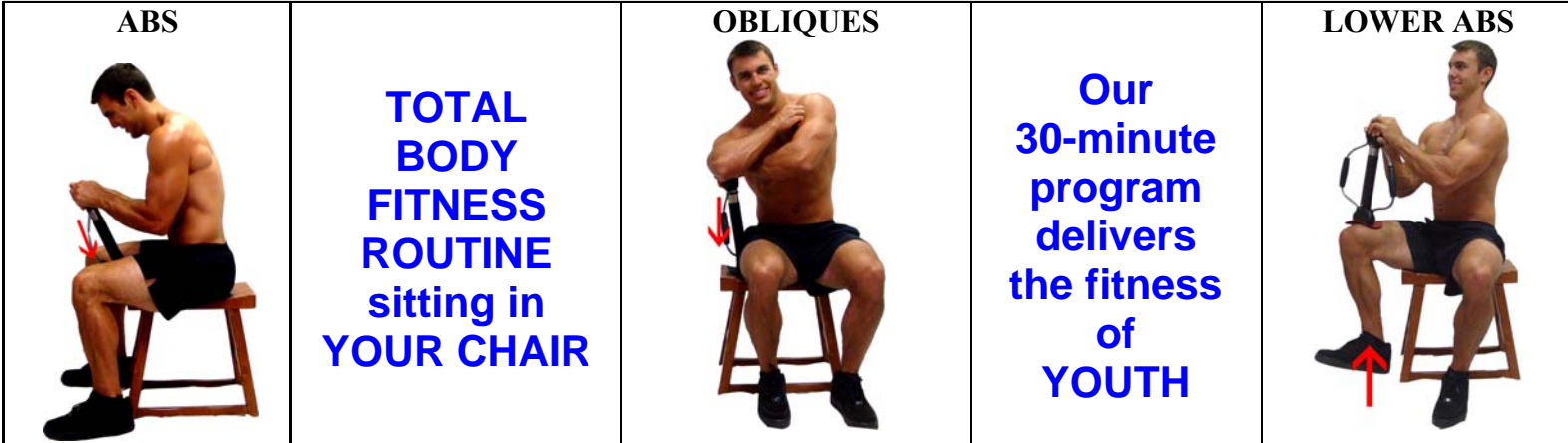
Sit-at-Home Fitness

(Sample Exercises for TOTAL Body Fitness)

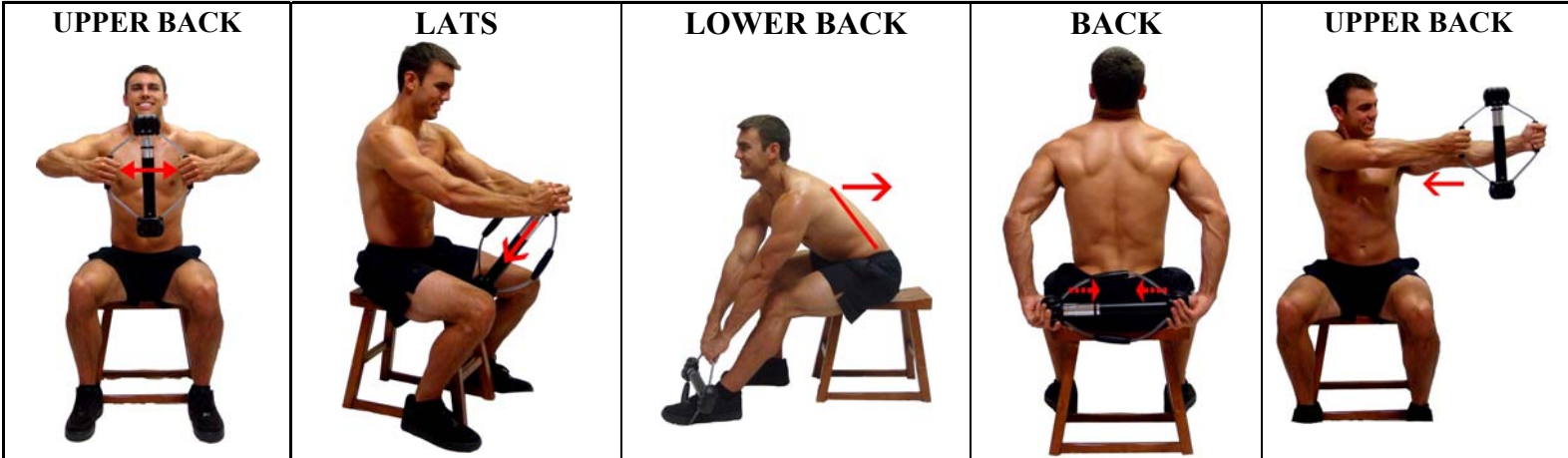
UPPER TORSO



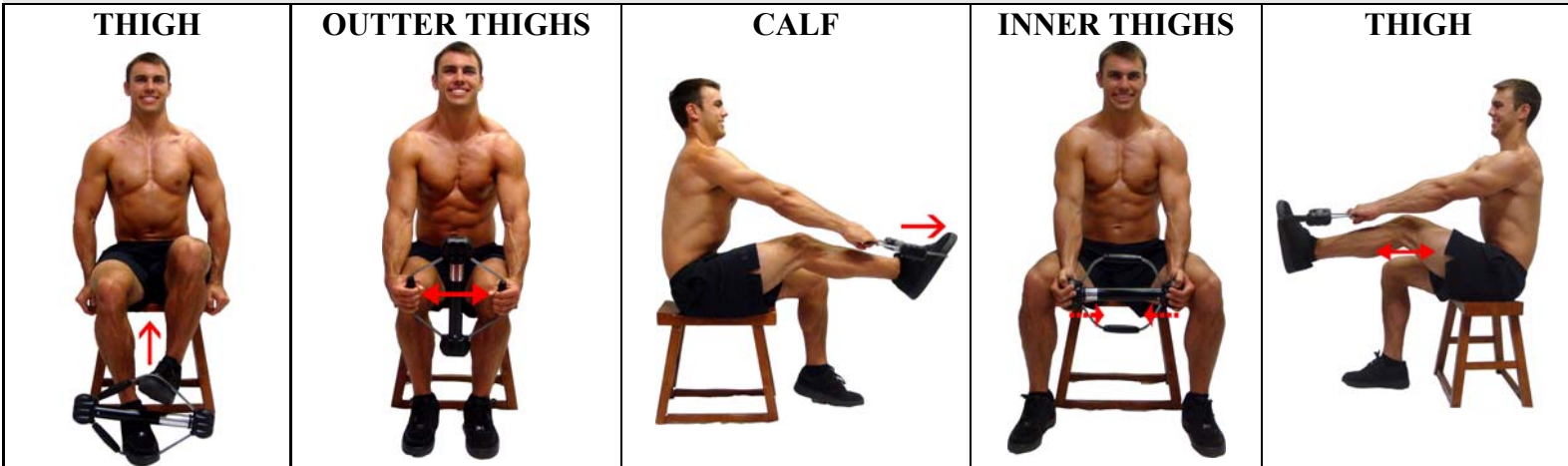
WAIST



BACK



LEGS



[Back to Bow Fitness Exercises](#)