

Bowflex Ultimate User Manual

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The Bowflex Ultimate Home Gym Owner's Manual

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□ □ Maximum user weight for the Bowflex® Ultimate home gym is 300 pounds (136 kg). For your safety, do not use or allow others to use the Bowflex® Ultimate pounds (136 kg). □ Allow a workout area of at least 7□ x 9□ (2.1 m x 2.7 m) of free space for safe operation of the Bowflex®... Page 4: Getting To Know Your Machine

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Get serious about your strength training at home with the Bowflex Ultimate XTLU home gym, which includes everything you need to keep fit and build up muscles in your own home. It comes standard with 310 pounds of real Power Rod resistance (which can be upgraded to 410 pounds with optional additional Power Rods).

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The Bowflex Ultimate 2 Home Gym is a total-body solution that delivers everything you could possibly imagine for great fitness results. It offers over 95 exercises and includes a lat tower, leg extension/leg curl station, preacher curl attachment, integrated squat station and more.

Amazon.com : Bowflex Ultimate 2 Home Gym : Sports & Outdoors

Bowflex ULTIMATE: Frequently viewed Manuals. Finnlo Bio Force 3817 Manual Manual (25 pages) Stamina Orbital Rower 1215 Owner's Manual Owner's manual (22 pages) NSD PB-188A User Manual Operation & user's manual (2 pages) Stamina AVARI 2000C Upright Bike Owner's ...

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Your Bowflex® home gym has a number of seat and bench positions: Flat bench forward, Flat bench back, 45° incline and free-sliding seat extension. To adjust the seat, pull out the Seat Rail Knob, then slide the seat to one of the three locking holes on the Seat Rail.

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