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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™ home gym if
they weigh in excess of
300 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®

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they weigh in excess of 300 pounds (136 kg). •

Allow a workout area of at least 8'4" x 6'6" (2.6 m x 2 m) of free space for safe operation of the Bowflex Ultimate®

2. • Keep your body weight centered on the machine, seat, or base frame platform while exercising. • When using the Bowflex Ultimate® 2 home gym

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Your Bowflex
Ultimate®2 home gym
has four different
bench positions. To
adjust the bench,
simply locate the
spring lock pin on the
side of the seat. Pull
out pin to release seat,
then slide it to the

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desired position. Pull out pin, give it half a turn, and release to place it in a “free sliding” position for exercises such as rowing.

The Bowflex Ultimate 2 and Fitness Guide

Bowflex Ultimate 2
Owner's Manual And
Fitness Manual 45
pages Summary of
Contents for Bowflex
Ultimate 2 Page 1

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improving your health and fitness! With the Bowflex Xtreme® SE home gym, you have everything you need to exceed all of your physical fitness, strength, and health expectations!

The Bowflex Xtreme SE Home Gym Owners Manual and Fitness Guide

Women 1000 calories per day. You'll always have a 300 calorie

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breakfast, a 300 calorie lunch, and a 300 calorie dinner (women), or 500 calorie dinner (men). With each two-week descend, only your snack calories will change: from 400 to 300 to 200 calories per day (men), or 300 to 200 to 100 calories per day (women).

The Bowflex Blaze Home Gym Owner's Manual and Fitness

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Bowflex Ultimate 2
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pages Summary of
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Ultimate 2 Page 1
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your commitment to
improving your health
and fitness! With the
Bowflex Xtreme® 2 SE
home gym, you have

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everything you need to exceed all of your physical fitness, strength, and health expectations!

The Bowflex Xtreme 2 SE Home Gym Owners Manual and Fitness ...

Women 1000 calories per day. You'll always have a 300 calorie breakfast, a 300 calorie lunch, and a 300 calorie dinner (women), or 500

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calorie dinner (men).
With each two-week
descend, only your
snack calories will
change: from 400 to
300 to 200 calories per
day (men), or 300 to
200 to 100 calories per
day (women).

The Bowflex Sport Home Gym Owner's Manual and Fitness Guide

The Bowflex
Ultimate® 2 comes
with 310 lb. (140 kg) of

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nominal resistance {one pair of 5 lb. (2.25 kg) rods, two pairs of 10 lb. (4.5 kg) rods, one pair of 30 lb. (13.5 kg) rods, and two pairs of 50 lb. (22.5 kg) rods}. If you upgraded to a 410 lb. (185 kg) capacity, you will have an additional pair of 50 lb. (22.5 kg) Power Rod®

The Bowflex Ultimate 2 and Fitness Guide

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Shipped with USPS
First Class Package.
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