

## Bowflex Ultimate Manual Fitness Guide

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1.5 oz. (42 grams) serving equals approximately 165 calories. Choice of one: Kellogg's Low Fat Granola (without raisins), General Mills Honey Nut Clusters, General Mills Basic 4 1/2 C. skim milk (45) 3/4 C. orange juice (82) Noncaloric beverage. Shake (choice of one shake) Place ingredients in blender.

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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 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.

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