

Bowflex Ultimate User Guide

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The Bowflex Ultimate Home Gym Owner's Manual

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Folded footprint: 27 x 49 inches / 69 x 125 cm. Workout Area: 7 x 9 feet / 213 x 274 cm. Maximum User Weight: 300 pounds / 136 kg. Workout area: 7 x 9 feet. Dimensions: 83 x 98 x 50 inches / 211 x 249 x 127 cm (H x L x W) YOU MIGHT ALSO LIKE: French Fitness X4 Home Gym System w/Leg Press (New)

Bowflex Ultimate Home Gym | Fitness Superstore

Your Bowflex Sport® 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. Release the Seat Rail Knob to secure when finished.

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

The Bowflex Ultimate is the flagship product in the Bowflex line of home fitness equipment. As the most advanced model, the Ultimate allows for the most variation in possible exercises, and thus in possible workouts as well. Workouts on the Bowflex Ultimate can serve purposes ranging from conditioning to strength training to bodybuilding.

Bowflex Ultimate Workouts | SportsRec

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