

Bowflex Ultimate User Guide

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Bowflex Ultimate User Guide

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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™ 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®

The Bowflex Ultimate Home Gym Owner's Manual

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Using Your Bowflex Ultimate®2 Using the Bowflex Ultimate®2 adjustable pulley system is as easy as pulling a pin and expanding the pulley out. Pulley knobs are spring-loaded and are located on the back of the adjustable pulley system. To extend the pulley, simply twist the knob a couple of turns to the left, then pull out.

The Bowflex Ultimate 2 and Fitness Guide

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- Maximum user weight for the Bowflex® Blaze™ home gym is 300 pounds (136 kg). For your safety, do not use or allow others to use the Bowflex® Blaze™ home gym if they weigh in excess of 300 pounds (136 kg).
- Allow a workout area of at least 8'4" L x 6'6" W(2.6 m x 2 m) of free space for safe

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

Description 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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