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Ultimate Manual Fitness Guide

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

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(choice of one shake) Place ingredients in blender.

*The Bowflex Ultimate Home Gym
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Guide User Manuals, Guides and Specifications for your Bowflex ULTIMATE Fitness Equipment, Home Gym. Database contains 3 Bowflex ULTIMATE Manuals (available for free online viewing or downloading in PDF): Assembly manual, Owner's manual. Bowflex ULTIMATE Owner's

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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.

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Guide 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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Guide manual before attempting to use your Bowflex® Xtreme®2 home gym. You

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Bowflex® Ultimate home gym is 300
pounds (136 kg). For your safety, do
not use or allow others to use the
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Guide 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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your body weight centered on the machine, seat, or base frame platform while exercising. • When using the Bowflex Sport® home gym for standing leg exercises, always grasp the Lat Tower on your machine for stability. • Keep out of the path of the Power Rod® unit when

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and fitness! With the Bowflex Xtreme®2 SE home gym, you have everything you need to exceed all of your physical fitness, strength, and health expectations!

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