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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®

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Bowflex Ultimate® 2 if 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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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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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 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).

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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 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**



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