

 **BOWFLEX**

PR1000 HOME GYM



**BOWFLEX® PR1000
HOME GYM**

The Bowflex® PR1000 home gym helps strengthen your muscles and add a bit of cardio training to the mix with over 25 strength exercises and a built-in rowing station. With up to 210 pounds of Power Rod® resistance, this versatile machine helps work the abs, arms, chest, back, shoulders, and lower body.



PR1000 HOME GYM



TECHNOLOGY

- Over 200 lbs of Power Rod® resistance

PERFORMANCE & QUALITY

- 25+ exercises that cover the entire body
- Multiple cable pulley position allow you to easily change the angle of resistance and increase effectiveness of many exercises
- Strength and cardio workouts possible, with aerobic rowing

COMFORT & USABILITY

- The bench converts to a rolling seat for aerobic rowing
- Vertical bench press with incline and flat adjustment
- Maximize your gym space with the vertical folding bench
- Quiet, safe workouts with rod system. No banging of plates or weight stacks

FEATURES

NUMBER OF EXERCISES	25+
RESISTANCE	Power Rod® resistance 210 / 95 kg
UPGRADEABLE	Yes
QUICK CHANGE POWER ROD® SYSTEM	Yes
BENCH PRESS	Horizontal
LEG EXTENSION/CURL	Yes
SLIDING SEAT RAIL	Yes
PULLEY SYSTEM	Cable change
DIMENSIONS	84" L x 38" W x 82" W
MAX USER WEIGHT	300 lbs / 136 kg
WARRANTY	Frame: 1 year Parts: 60 days Rods: 5 years