



Stronger Every Day™

Bowflex Xtreme® 2 SE Home Gym

Our Best-Selling Power Rod® Gym



MACHINE FEATURES

- » 70+ Exercises
- » 95 kg. Power Rod® Resistance
- » Upgradeable Resistance Available
- » Lat Tower with Angled Lat Bar
- » 4-Position Lower Pulley/Squat Station
- » No-Change Cable Pulley System
- » Leg Extension
- » Adjustable Seat
- » 7 Free Trainer-Built Workouts
- » Squat Bar Included
- » Ab Crunch Shoulder Harness Included

WHAT IS THE BOWFLEX XTREME® 2 SE GYM?

Power Rod® Resistance

Bowflex® Power Rod® units give you the resistance, or weight, that feels as good as or better than free weights but without the inertia usually associated with free weights.

No-Change Pulley System

Move from squats to leg workouts without ever changing cables. You'll save time and keep your heart rate up as you progress through your workout.

Lat Tower with Angled Lat Bar

Build back and shoulder muscle quickly with the integrated tower.

Free Trainer-Built Workouts

Included in the manual: 20 minute better body, 20 minute upper body, 20 minute lower body, body building, circuit training anaerobic, true aerobic, and strength training routines.



Lat Tower with Angled
Lat Bar



Ab Crunch
Shoulder Harness



Leg Extension

HOME GYM SPECS

Dimensions

1346 mm L x 1245 mm W x 2115 mm H

Maximum Weight Capacity

136 kg.