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Bowflex Xtreme

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Congratulations on your commitment to improving 8'4" x 6'6" (2.6 m x 2.0 m) of free space for your health and fitness!

With the Bowflex Xtreme safe operation

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of the Bowflex Xtreme home gym. ® ®
home gym, you have everything you
need to exceed...

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Page 5 Assembly Guide Bowflex Xtreme
Assembly Hardware Note: Drawings are
actual size Item #: A Item #: B Item #: C

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Qty.: Qty.: Qty.: Part #:11450 Part #:11465 Part #:11472 Descr: 5/16 X 3/4" Button Head Descr: 3/8 X 1" Descr: 3 / 8" x 3/4"...

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6 Bowflex Xtreme® SE Assembly Manual

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Assembly Guide step 1 Base Frame
Assembly parts: • Base Frame • Right Frame Rail • Left Frame Rail • Rear Cross Member
Hardware: • 6 Button Head Screws (3/8" X 3/4") • 6 Flat Washers (3/8")
tool: 7/32" Allen Wrench (or Hex Wrench)
1-1 Lay all parts on floor as shown . 1-2 Insert Frame Rail

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The Bowflex Xtreme SE Home Gym Assembly Manual

Here are a few basic tips that will make your assembly of the Bowflex Xtreme® 2 SE home gym quick and easy. By using these principles, you can simplify each process and . 1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read

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the assembly instructions for that step prior to starting

The Bowflex Xtreme 2 SE Home Gym Assembly Manual

Before Assembly Please take the time to read all assembly instructions Basic Assembly Principles before attempting to assemble your Bowflex Xtreme ® 2

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SE home gym. Select where you are going to locate Here are a few basic tips that will make your assembly of your machine carefully.

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Larger Rods should be inserted into Rod Box Frame first. Place (3) 1/4" Washers

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(Item #M) over the end of (3) #10 X 1" Self Drilling Screws (Item #B) - one washer per screw. Completely secure the Rod Box to the Frame with the screws and washers as shown in Figure 2. Tighten all hardware from Step 2 only at this time.

Assembly Instructions - Nautilus,

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Inc.

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Assembly Manual Owner's Manual:
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Parts for BowFlex Home Gyms | Revolution, Xtreme, Ultimate

Bowflex Xtreme 2 SE Assembly Manual
©... Page 10: Install Pulley Arms/Slider Pulleys • 2 Slider Pulleys w/ Decal (14) •
Main Assembly Tools: 3/16 Hex Wrench
Install a Slider Pulley onto each Pulley Arm as shown . Choose any of the four holes to secure . Bowflex Xtreme 2 SE

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Assembly Manual ®... Page 11. A rubber mallet may be needed to secure the end caps . note: The Leg Extension may be adjusted during workout to best suit your height and personal preferences .

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i fixed it.

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Bowflex Xtreme 2SE Review: Cons The assembly can be quite complex and can require the help of multiple people. It also includes having to pick up heavy components of this fitness product.

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There may be interruptions caused by having to change the rods when switching from one type of exercise to the other.

Bowflex Xtreme 2SE Review: Home Gym To Meet Your Fitness Goals
User's Guide & Assembly Manual:
Bowflex® SelectTech® 4.1 Series Bench

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(International model) Assembly Manual:
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Bench: User's Guide & Assembly Manual:
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Bowflex Xtreme 2 SE User Manual - ManualMachine.com

Another model Bowflex that is gaining popularity in the world of home gyms is the Xtreme 2 SE. It supports a full-body workout without the cable change-overs. Transitioning from one exercise to the next is very simple with the Xtreme 2

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SE. From chest to legs, this home gym is a top-ranked model in the full-body home gym category.

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