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Bowflex motivator 2

Due to the New Year's holidays, orders placed after noon (CST) On December 31st, can only be shipped on Monday, January 4. Catalogue Number Nomspecial Notes 13004041 Strap, Handle 47000417 Rod box, 310LB 47000049 Pad, Roller, 6 47000105 Rod, 50LB 47000831 No Longer Available Rod, Rejuvenator 47000851 Lat pulldown bar 13004469 Bushing, Seat Rail Pivot 24008466 Slider, Seat 47000367 Rod, 30LB 47000368 Rod, 5lb 47000331 Wheel, Transport 47000469 Cap, Rod End 30LB 47000369 Stem, 10 LB 47000370 Vis 47000542 Belt, Adjustable, Leg Press 4700144 2 (Cable Assembly, 52 47000470 Cap, Rod End 50lb 47000616 Endcap, Round, Internal 47000941 Bushing, Leg Ext Pivot 24006780 Cable, Rod 43 47001490 Poulie Assembly 47000472 Cap, Rod End 10lb 47000945 Pad, Seat 47000082 Tiges, Power, 210lbt is #1 assembly box in the assembly manual. 47000919 Hardware Kit 47000419 Cable Assembly 47001434 Tube, Roller, 16.5 47000800 Bag, M2 Hardware 47000802 Manual, Owner's 470000094 Pad, Bench, Flat 47001863 Tube, Roll 47000942 Not available Endcap, Rectanglar, Internal 47000468 Cap, Rod End 5lb 47000704 Right Incline Rest Back 24005091 Poulie, Cable 47000797 Chest bar assembly 47000415 No Longerle Available Endcap, Rectanglar, Internal 47000356 Grommet, Cable Lat 47000698 Incline Rest, Back, Left 24005094 Chicken 47000736 Vis 24005094 Chicken47000736 Vis nt24005077 Sleeve, Lat Hook 47000575 Bumper 24005092 Bracket, Incline, Support 47000093 Frame, Bench, Rack, Flat - On Sale! 47000875 Manual, Assemblage 47000353 Not available Foot 47000826 Not available 410lb Rod Upgrade Kit 24005099 Frame, M2 Base 47000909 Leg Extension, Kit 47000762 Assy, CQ Lower Lat - On Sale! 24005101 Frame, Leg Extension 24005103 Stabilizer, Leg Extension 24005098 No Longer Available Assy, M2 Upper Lat Tower 24005104 No Longer Available Bracket,Slider 24005105 Assy, M2 Incline Rest w/Decal 24005100 Assy, M2 Lat Cross Bar 47000907 No Longer Longer Available Box 1, Motivateor 2,210 lbs. Tiges 47000908 No longer available Box 2, Motivator 2 24005029 Not available Cap 13004479 Cap, Plastic Bolt Cover 24005102 Frame, Pivot, Leg Extension 24005040 More available Pad, Non-Skid The Bowflex Motivator 2 offers a full body workout in as little as 20 minutes per day. It incorporates specific circuit training into a workout and provides more than 50 different exercises. Ideal for all fitness levels, this versatile machine helps work the abs, arms, chest, back, shoulders and lower body. Amazon.com The streamlined Bowflex Motivator 2 Home Gym is designed to give you all the tools you need to get results while keeping an eye on your budget. Offering a total body workout in as little as 20 minutes a day, it Specific circuit training in a workout and provides more than 50 different exercises and up to 210 pounds of Power Rod resistance. Ideal for all fitness levels, this versatile machine helps to work the abs, abs, chest, back, shoulders and lower body. The Motivater 2 includes a lat tower accessory for gym-style lat pulls, triceps pumps and an extension leg/leg curl binding for gym-grade leg exercises. This machine also uses a squat attachment to increase your overall body workout. The Motivater 2 uses Bowflex's patented power bars, which offer resistance, or weight, that feels as good or better than free weights - but without the inertia or risk of joint pain usually associated with free weights. You can plug one, two, three, four or all of your power rod units to the cable pulley system and go from as little as 5 pounds all the way up to 210 pounds of resistance. They are precisely made from a high-tech composite material as part of the highest quality control measures, then sheathed and tested four separate times to ensure quality and durability. Power Rod units are so strong that you can flex them repeatedly, but you won't be able to use them. The Motivator 2 provides more than 50 different exercises and up to 210 pounds of power rod resistance. In fact, they are so strong, Bowflex supports them with its free replacement offer with no time limit. Key Features: Over 50 exercises available 210 pounds of resistance Power Rod Lat pull-down station Leg curl / leg extensions station Sliding seat rail for aerobic rowing Triple function handshake / ankle wrist for a variety of exercises Includes manual training Dimensions: 34 by 84 by 78 inches Training Area: 100 by 78 inches Folds at one Compact size (28 by 34 by 6.5 inches) and includes transport wheels for easy storage maximum weight capacity of 300 pounds On home gyms while offering the convenience of working in the comfort and privacy of your own home, home gyms also allow you to focus on specific routines without having to wait in line or move from a complex array of machines. In addition to improving strength, power, coordination and muscle endurance, weight training can improve weight reduction, improve the immune and cardiovascular system and help prevent injury. In general, home gymnastics machines are compact units designed to strengthen and exercise many parts of the body. Although no home gym can provide a complete bodybuilding solution, they are a convenient way to combine many exercises into one unit. Some home gyms focus exclusively on top-of-the-board workouts while other more advanced units focus on conditioning the upper and lower body. Manufacturer's Guarantee Three-Year Guarantee Fit4Sale.com \$449.99 \$550.00 Get total body training in as little as 20 minutes a day Provides as little as five or as many as 210 pounds of resistance via Bowflex Power Rods Lat mounting, Leg extension fixation/leg curvature, squat attachment folds at a compact size (28 by 34 by 6.5 inches) and includes three-year guaranteed transport wheels; Weight limit of 300 pounds Bowflex Motivator 2 offers total body training in as little as 20 minutes a day. It incorporates specific circuit training into a workout and provides more than 50 different exercises. Ideal for all fitness levels, this versatile machine helps work the abs, arms, chest, back, shoulders and lower body. Amazon.com The streamlined Bowflex Motivator 2 Home Gym is designed to give you all the tools you need to get results while keeping an eye on your budget. 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Although no home gym can provide a complete bodybuilding solution, they are a convenient way to combine many exercises into one unit. Some home gyms focus exclusively on upper body workouts, while other more advanced units focus on upper and lower body conditioning. Manufacturer's Guarantee Three-Year Guarantee The bowflex® motivator™II Home Gym brings you 210 lbs of power rod resistance® smooth and offers more than 50 gym-quality exercises. A lat tower with a slanted lat bar helps build back and shoulder muscles and a leg extension/leg curvature fastener works your legs. It also features a sliding rail for aerobic rowing and leg presses and several cable/pulley positions to allow for custom workouts. Number of exercises availableCurrent slide 'CURRENT_SLIDE' from 'TOTAL_SLIDES' - Best Selling in Home Gyms4.4 on 5 stars based on 7 product ratings (7)4.6 over 5 stars based on 86 product ratings (86)4.8 out of 5 stars based on 40 product ratings (40)No ratings or comments4.4 8 out of 5 stars based on 58 product ratings (58)4.3 out of 5 stars based on 11 product ratings (11)3.9 out of 5 stars based on 9 product ratings(9) Current 'CURRENT_SLIDE' of 'TOTAL_SLIDES'- Save on Home GymsCurrent 'CURRENT_SLIDE' of 'TOTAL_SLIDES'- You can also like as 'TOTAL_SLIDES'

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