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### The Bowflex® Xtreme®2 Home Gym Pulleys

With the versatility to perform over 75 different exercises, the Bowflex® Xtreme®2 home gym is designed to give you the best workout possible. And with its innovative, easy-to-use multiple pulley system, you are guaranteed to maximize every exercise for every muscle group.

There are a few things you will need to remember to get the most from your Bowflex® Xtreme®2 home gym Pulleys:

#### Slider Pulleys

The Bowflex® Xtreme®2 home gym comes with adjustable "Slider" pulleys which can be personalized for your body by adjusting them to widths that fit your unique physique. There are Slider Pulleys on the Lat Tower (2 positions per side), Center Cross Bars (4 positions per side) and the Squat Pulley Frame (4 positions per side).

You will need to determine which Pulley positions are most comfortable for you when performing 'Standard' exercises, and then adjust the pulleys outward or inward to perform exercises in 'Wide' or 'Narrow' positions. Using the Slider Pulleys at wider or narrower positions for an exercise can target different parts of the same muscle group and increases the benefit of each exercise.

#### Pulley Locations

Below is a guide to the five different pulley locations used to perform a full workout routine:



**Center Cross Bar:**  
Used when performing exercises like a Bench Press or Chest Fly.

**Lat Tower:**  
Used for exercises like Pulldowns and Pushdowns.

**Leg Extension:**  
Used for leg exercises.

**Squat:**  
Used for the Squat, Dead Lift, Bent Rows, etc.

**Rowing Position:**  
Used exclusively for Rowing to strengthen the back.

### Maintenance & Care Of Your Bowflex® Xtreme®2 Home Gym

Your Bowflex® Xtreme®2 home gym requires very little maintenance. To keep your Bowflex® Xtreme®2 home gym in top condition, check all fasteners before each workout and tighten as needed.

Clean the seat with a non-abrasive cleaner after each use. This will keep it looking new. Any non-abrasive household cleaner or soap works well. Many automotive interior cleaners make surfaces too "slick" and should not be used.

If you have any questions regarding maintenance please call a Nautilus Representative at 1-800-628-8485.



Getting ready to buy a new piece of fitness equipment? Congrats on making that decision. Getting started with a new workout routine is one of your health and is sure to take your health and is sure to be a challenge to figure out which machine to use and which is going to deliver you the results you're looking for.Two of the higher end Bowflex machines that you may consider is the M7 and M8. Bowflex Max Trainers are very highly regarded as they provide a time efficient way to get in a great workout while working both the upper and lower body at the same time.Did we mention they are non-impact?That's right. They are so easy on your joints, even those with the ricketiest knees will feel comfortable while using them.This makes them a very popular choice among many, which is why understanding the differences between the machines will be critical to choosing one that you enjoy using.Here is a quick comparison chart between the M7 and M8. M7M8Price\$2249\$2299Dimensions49" L x 30.5" W x 65.5" H49" L x 30.5" W x 65.5" HUser HeightUser height + 15"User height + 15"Max Weight300 lbs.300 lbs.Warranty3 Years3 yearsResistance Levels2020ConnectivityUp to 4 usersUp to 4 usersProgram Features 11 program options to challenge your workout session - including Max 14 interval, power interval, calorie goal, steady pace, fat burn, calorie burn, stairs, manual, and fitness test11 program options to challenge your workout session - including Max 14 interval, power interval, calorie goal, steady pace, fat burn, calorie burn, stairs, manual, and fitness testHeart Rate MonitorIntegrated hand grips coupled with chest strap if preferredIntegrated handlebars coupled with chest strap if preferredHandlesMulti-grip dynamic handlesGym Quality, sculpted handlebars with aero bar upgradeMax IntelligenceNoYesAvailability In StoresOnlineNow that you have this information ready, let's look at some of these specs further so you can see what they really entail.Price Point First let's consider price point. Both of these machines are definitely at the higher end of the price point coming in at over \$2000. This means that they will rule out many buyers on price alone as some people are just not looking to spend over \$2000 on a piece of exercise equipment.If your budget is closer to the \$1000-1800 range, not to worry, Bowflex has many other models that come in with this price point that you can look at. While they won't be as advanced as these models, they are still great machines and can get the job done for most people, especially those at basic fitness levels.This said, if you do want to spend a bit more, you're only looking at a \$50 jump in price point going up to the M8 on the machine itself. So it's not a huge difference, but the long-term cost will change. Details to come.Warranty Next let's consider warranty. The warranty on both machines is set to three years, which is excellent coverage. This gives you the peace of mind that the machine is going to be working as it should for at least three years. When you then break it down into a per use cost, you're only really looking at just over \$60 a month for these machines, or \$2 a day.Considering most gyms cost \$10-20 for a drop in fee or you will pay upwards of \$40 a month for a membership, it really isn't that much more and you are exercising in the comfort of your own home.This also assumes the machine will only last 3 years and then be replaced. Many people will find their Bowflex Max Trainer lasting 4-5 years or even longer, thus bringing the price down further. At that point though, if you get dinged with a repair bill, you may find it's a better investment to just purchase a new machine with another warranty.Connectivity The connectivity of both machines is set to 4 users, so these are perfect for family settings. 4 different family members can all store their data in the machines, so it's all ready for them to go as needed.Program Features The program features of these machines are very nice as well. You'll 11 different pre-programmed options that feature a wide variety of different workouts, all aimed at helping you see optimal success.There should never be a reason to be bored on one of these machines. These programs are great because they can be used on those who are beginners all the way up to more advanced trainees, so there should be something for everyone.And like almost any cardio machine out there, there is also a manual program mode, so if you wish to just create your own workout session you can certainly do that as well.Heart Rate MonitorBoth of these machines do offer heart rate monitoring capacities. This is great because keeping track of your heart rate will tell you how hard you're working in each and every session you do and can also be a way to measure fitness progress. The lower your heart rate is at a given intensity, the fitter you are, so if you can bring your heart rate down, that's a good sign.The machines offer a chest strap for those who feel more comfortable using that and then also offer integrated hand grips as well on the handles so you can just keep track of your heart rate during your entire workout session.Some people do find that the chest strap does produce more reliable, accurate results, so keep that in mind as you use the machine and decide what to do.Max Intelligence Which brings us to the next point and the key point of difference between the M7 and M8, Max Intelligence.What you are paying \$50 extra for is a built in personal trainer that will learn your body and deliver you a fresh new workout every single day that will help challenge your body and ensure you aren't experiencing boredom or hitting a progress plateau.This said, the app does come with monthly fees, so this needs to be taken into account. So earlier when we said that the machines were right around the \$60 a month mark, if you add Max Intelligence to it, then it will be higher. And if you don't add Max Intelligence, you should have just gone with the M7 to begin with and saved the \$50 off the start.Availability Finally, when looking at availability, the M8 is only available online, while the M7 is only available in stores. This isn't an issue for most people, but it's worth noting.So there you have the key differences between the Bowflex M7 and M8. Overall they are both great machines and you will be well served by choosing either to complete your workout goals. Bowflex Max Trainer® M7 100V - Use Manual - Use Guide PDF. Documents: Go to download! Owner's manual - (English) User Manual Bowflex Max Trainer® M7 100VTABLE OF CONTENTSImportant Safety Instructions - AssemblySafety Warning Labels / Serial NumberPartsHardwareToolsAssemblyMoving the MachineLeveling the MachineFeaturesConsole FeaturesFitness BasicsOperationsMounting / DismountingPower Up / Idle ModeWarm Up ModeMAX 14 MINUTE INTERVAL ProgramWorkout ProgramsPaused / Results / Cool Down ModeCustomize the Calorie GoalConsole Setup ModeMaintenanceMaintenance PartsTroubleshootingBody Weight Loss PlanOperationsMounting and Dismounting Your MachineMove the Pedals until the one nearest to you is in the lowest position.Grasp the Static Handlebars under the Console Assembly.Steadying yourself with the Static Handlebars, step up onto the lowest Pedal and place your other foot onto the opposite Pedal.Getting StartedPlace the fitness machine in your workout area . Place the machine on a clean , hard , level surface , free from unwanted material or other objects that may hamper your ability move freely . A rubber mat can be used below the machine to prevent the release of static electricity and protect your flooring . The machine can be moved by one or more persons . Make sure that your own physical strength is capable of safely moving the machine .Examine for any objects below the Pedals and in the Air Resistance Fan . Be sure it is clear .Connect the power cord to the machine and into a grounded AC Wall Outlet .If you use the Heart Rate Monitor , follow the Chest Strap directions . To mount the machine , move the Pedals until the one nearest you is in the lowest position . Care should be used when mounting or dismounting the machine . Be aware that the Pedals and the Handlebars are connected and when either of these parts move the other does as well . In order to avoid possible serious injury , grasp the Static Handlebars to steady yourself .Grasp the Static Handlebars under the Console Button Assembly.Steadying yourself with the Static Handlebars , step up onto the lowest Pedal and place your other foot onto the opposite Pedal . Note : " Bottomed out " is when the User is unable to start a workout because the Pedals will not move . If this occurs , safely grasp the Static Handlebars and apply your weight to the heel of the higher foot . While still grasping the Static Handlebar , lean back slightly applying more weight onto the heel . Once the Pedals begin to move , resume your intended workout .Push the USER button to select the desired User Profile .Push and hold the USER button to edit the User Profile .The Console will display the Units value . Use the Increase / Decrease buttons to adjust the Units value . Use the Increase / Decrease buttons to adjust the Units value , and push the ENTER / START button to set the value .The Console will display the Weight value for the User Profile . Use the Increase and Decrease buttons to adjust the weight value , and push the ENTER / START button to set the value . Note : Be sure to program your User Profile ( see the Edit a User Profile section ) before starting a workout . The suggested Target Burn Rates are based on your User Profile settings .Push the Max 14 Minute Interval button to begin a Quick Start workout . Allow time to become familiar with how your Bowflex Max Trainer machine operates and responds to adjustments of Resistance Level and Burn Rate . Note : When operating the Bowflex Max Trainer machine , be sure the Legs are moving in the direction as shown on the crack cover.Important Safety InstructionsKeep bystanders and children away from the product you are assembling at all times.Do not connect power supply to the machine until instructed to do soThe machine should never be left unattended when plugged in. Unplug from outlet when not in use and before cleaning, maintaining or repairing the machine. Not intended for use by persons with medical conditions where those conditions may impact the safe operation of the machine or pose a risk of injury to the user.Do not drop or put objects into an opening of the machine.Never operate this machine with the air openings blocked. Keep the air openings free of lint, hair and the like.Do not assemble this machine outdoors or in a wet or moist location.Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.Set up this machine on a solid, level, horizontal surface.Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.SAVE THESE INSTRUCTIONS.Newest Added: MAX TRAINER® M7I MAX TRAINER® M6I MAX TRAINER® M5I MAX TRAINER® M3 100V MAX TRAINER® M3ITags: Bowflex Max Trainer Troubleshooting, Bowflex Max Trainer M3 Manual, Bowflex Instruction Manuel, Bowflex Owner's Manual, Bowflex Manual, Bowflex Max Trainer

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