

## Bowflex Ultimate User Manual

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m x 2.7 m) of free space for safe operation of the Bowflex®... Page 4: Getting To Know Your Machine

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## **Amazon.com : Bowflex Ultimate 2 Home Gym : Sports & Outdoors**

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Your Bowflex ® home gym has a number of seat and bench positions: Flat bench forward, Flat bench back, 45° incline and free-sliding seat extension. To adjust the seat, pull out the Seat Rail Knob, then slide the seat to one of the three locking holes on the Seat Rail.

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